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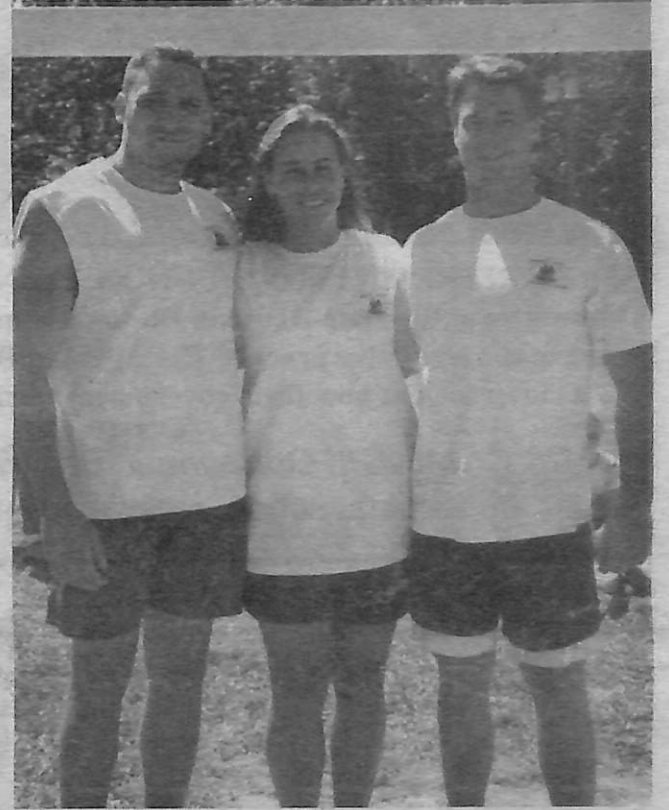
Advertiser News

"Your Hometown Newspaper"

Volume XXIII Number 34

August 24, 2000

Final Days For The Boys & Girls Of Summer



THE FINAL DAYS OF THE PERRY LANE SUMMER CAMP, sponsored by the Town of Agawam through its Parks & Recreation Dept., included many games, including tossing the giant medicine ball around. Campers seen above are (from left) Drew Smith, Vincent Graziano, Scott Smith, Logan Smith, Alex Foley, camp counselor Corey Federico, Carleen Kibbe, Erik Wagner, and Shane Thomson. IN RIGHT PHOTO: Three good reasons why the summer of 2000 was such a success for the Town of Agawam's Perry Lane Summer Camp were (from left) Dan Pryce and Annie Bianca (directors of day camp) and Joe Bianca (director of teen camp). (Missing from photo - Michelle Ferriera, pre-school camp director). Related photo in "Education" section. Advertiser News photos by Kathy Shepard.

Sister City Commission Moving Towards Goal



THE AGAWAM SISTER-CITY COMMISSION (pictured above) would like to thank each and every resident of Agawam for their generous support during the "Jubilee 2000 Yearbook" fundraising campaign. The commission is close to reaching its goal of \$12,000 for the "Six Days of Reggio" in October, and a complete schedule of events will be available as soon as final confirmation is received from Reggio, Calabria (Agawam sister-city in Italy). Back row: Terry Letellier (vice-chairman), Nancy Thompson (secretary), Bill Euliano (chairman), David Cecchi, Rosemary Sandlin, Mary Vasquez, Anthony Bonavita, John Negrucchi, and Scott Letendre. Front row: Rose Pepper, Joseph Tangocci, Anna Mineo, Louis

Rep. Keenan Hosts Agawam High School Students



STATE REPRESENTATIVE DAN KEENAN recently hosted Lou Russo, Gina Letellier, and Scott Letendre of the Agawam Democratic Committee at the State House in Boston. Committee members traveled to Boston with a group of Agawam High School students who are interested in the legislative process. The Agawam Democratic Town Committee has sponsored this annual day at the State House to give young people a closer look at how their government works.

IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ..AAN!!!

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Letters To The Editor

Republican Town Comm. Responds To Letters

To The Editor:

The attempt by the Agawam Town Council to fill the seat vacated by the passing of Kent Servis has caused some in this town to turn a flaw in our current Town Charter into an opportunity to make unfounded allegations against the Republican Town Committee (RTC) and to disparage a certain few of its members. Consequently, I feel compelled to respond to some of these personal attacks and to state clearly the position of the RTC regarding the filling of the vacant Council seat.

One need only to look to the August 17, 2000 Letters To The Editor to see two examples of these unfounded allegations and personal attacks. Considering our currently flawed Town Charter, one resident's letter properly states that the process of filling a vacant Council seat cannot be divorced from politics. Another resident's letter properly points out that the voters of this town rejected Mr. Rheault's recent bid for mayor. However, the remainder of the letters, mostly aimed at the RTC and its members, are rife with errors of fact and conjecture.

Referring to the RTC, one gentleman states that there was a force at work from as far back as January to "Get Bob Magovern," the President of the Town Council. He further implies that such a force is still active and looking to drive Mr. Magovern from the RTC for his recent support of Mr. Rheault for the vacant Council seat. As chairman of the RTC, I can state unequivocally that Bob Magovern is a member in good standing of the RTC, and if such a force exists, it is not within this Committee. Indeed, one need only look to March of this year when we re-elected Bob to represent us for another four-year term in the Massachusetts Republican State Committee to see that he is well-received within this committee. Furthermore, the statement that "all hell broke loose" when Mr. Magovern voted 29 times for Mr. Rheault to fill the vacant Council seat has no foundation in fact. Admittedly, while it is the position of the RTC that our Town Charter is flawed and that the vacant seat should go to the 12th vote-getter (regardless of political affiliation), under the current Town Charter, the RTC unanimously supports Mr. Magovern's right to support whomever he chooses for the vacant seat.

As to the allegations of possible removal of Mr. Magovern from the RTC for his support of Mr. Rheault in this matter, they also lack a factual basis. Like the Democrats, we have a process for removal of members for cause if their activities are detrimental to the goals of the Republican Party. Under such a process, a motion would have to be presented to me. No such motion (or letter) has ever been presented.

Finally, it is the position of the RTC that, as Mr. Magovern stated, the Town Council should listen to the voters. In this instance, the voters spoke in November 1999 by placing John Negrucci next in line for the Town Council. Service on our Town Council is too important to be awarded as a consolation prize for one who did not even seek a position on the Council. The Town Council was meant to be an elected position, which means that the voters decide who represents them. Unfortunately, under our current Town Charter, a vacancy is filled not by the will of the voters, but by the politicians, which means that seat is no longer an elected position. This is a serious shortcoming in our Town Charter.

It is foreseeable that a vacancy could again occur on the Council due to death, incapacity, or resignation. Although too late to affect the dilemma facing this Council, the Town Charter should be reviewed and revised to ensure that voters decide who will represent them in the future.

Scott Hibbert

Chairman, Agawam Republican Town Comm.

Increased Traffic Could Ruin Town's Main Street

To The Editor:

A recent *New York Times* article noted that Six Flags' stock is down over 43% this year, with most of the drop occurring in July as a result of the rain that kept attendance down at many of its parks in the Northeast.

The *Sunday Republican* reported recently that Six Flags has been a boon to many area businesses, but has brought traffic to a grinding halt. Imagine how bad the traffic in July would have been if the weather had cooperated. Although there are some band-aid traffic solutions on the drawing board, there are two developments afoot that will aggravate the problem.

First, reconstruction of the two Route 57 bridges that pass over Main Street is scheduled to begin in the spring and last two construction seasons. Second, Six Flags plans to increase the park's current size by one-third by 2004.

At a recent City Council meeting, first-term councilor Anthony Bonavita complained that one Saturday morning it took him a long time to exit Westfield Bank on Main Street because of Six Flags traffic. He said to his fellow councilors that the Council needs to look into this problem because the character of Main Street was changing.

It's unfortunate that the Agawam officials who authorized the park's precipitate expansion didn't foresee that the increased traffic would ruin, perhaps forever, our town's loveliest boulevard—Main Street.

Mike Marieb
Feeding Hills

Rheault Is The Clear Choice For Council Vacancy

To The Editor:

As the City Council of the Town of Agawam ponders its ultimate choice to fill its vacancy, City Councilors should also mull over several points. This process is at a standstill, and the real reasons for this impasse have actually far less to do with the two principal candidates than an effort to create a stronger bloc on the Council that can relieve Mr. Magovern - a hard-working man of uncommon integrity, courage, and conscience - of the City Council Presidency.

Presumably, the new City Council President would be well-situated to make a run for the Mayor's office. This would-be Mayor's political ambitions, in fact, are fueling movements towards the strengthening of this bloc - a bloc that has no desire for the Magovern and Rheault partnership to reassert itself as a force for responsible politics of integrity within our Town.

The desires of a dear, departed friend regarding this process were never voiced, and could never ever have been voiced, as that is impossible. It is impossible even to begin to guess at what any late civic leader might have wanted for this process - and only the most cynical form of politics could drive anyone to contend otherwise. It is disrespectful. It is base. Let your good friend and mine now finally rest in peace, and leave the filthy business of politics to the living.

To lay responsibility for one's vote at the feet of the deceased is pure cowardice, a most insulting form of pure cowardice I hope never to witness again. It is purely cowardice, anyway, to deny responsibility for one's own vote, to suggest someone else should govern one's vote, or to pretend one's very own judgment ought not intervene. This City Council is not to govern according to polls or promises, but according to conscience alone - a sense of civic responsibility to the Town never met by those aspiring to public office alone.

One does not appeal to civic responsibility by citing the slim margin of a loss, intentions never voiced by breathing people, or favors apparently won in back-room deals and guaranteed in the past. One does not appeal so by pretending to know what the public would want, as if we have had a recent referendum, and one hardly does so by somehow confusing a City Council loss with a popular mandate. Perhaps some have forgotten exactly which candidate indeed received the most votes.

The truth is that past election votes are not at issue here. The question is, as it has always been and ought to be, "Who's the most suitable candidate?" With that, we can toss the most pathetic of excuses from our very vocabulary - to never be mentioned again - and every City Councilor can let only their sense of civic responsibility decide. If the City Council adheres to this sense, a decision shall be made and the most suitable of candidates shall finally be chosen.

If the City Council adheres to this sense, then they shall not act to short-circuit a good and decent man's Presidency - but shall rather reject "old-time politics," reject all back-room deals, set all sizable egos aside, object to the notion or sense of entitlement, endorse an unparalleled record of public service, and finally render the "common sense, logical, and fair" decision. They will decide on Donald M. Rheault, the most suitable of candidates, and actually meet the Charter's demands. The Charter remains clear. There are not a lot of complicated issues here. The very clear choice is for Rheault.

Owen R. Broadhurst
Agawam

Who Is More Qualified For The Vacant Council Seat?

To The Editor:

The only reason I hear why Mr. Negrucci should be the one to get the vacant council seat is, "He was the 12th person or next highest vote-getter." At the recent council meeting, Mr. Negrucci appealed to the council, stating, "Put yourselves in my shoes; how would you feel, I just got beat and I should be the next in line to serve."

Mr. Negrucci **never stated** when he first came on the council **he was also appointed**. The council did not appoint the next highest vote-getter; they appointed Mr. Negrucci. He didn't seem to care at that time how the "next in line felt," so I don't believe feelings should be involved on who should get the seat.

The charter mandates how this is to be resolved

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The Agawam Advertiser News

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and the responsibility clearly lies in the hands of the council. No one said a councilor's job is easy and that difficult decisions would not have to be made. Feelings and emotion should not enter into this; the council has only one decision to make and that being who is the most qualified.

Mr. Negrucci *lost* his council race. Mr. Rheault *lost* in the Mayor's race. Now they are both up for a vacant seat on the council. Why is it that some councilors seem to be making it so difficult.

Who is more qualified?

**Brenda Gooch
Feeding Hills**

Alternative Candidates Best For Council Vacancy

To The Editor:

It seems apparent from talking with several city councilors that they will remain in a stalemate when voting resumes on September 5th to fill the vacant council seat. As the two sides become more entrenched, they risk remaining divided and endangering their ability to build consensus on future issues facing the town.

Because of this, the council and (more importantly) the town are no longer being served well under the present circumstances. *Certainly* the two candidates for the vacancy must realize this.

In the best interests of the town and the council, the two candidates should withdraw their names from consideration and allow the council to select alternative candidates in the hope that they may fill the seat and get back to the business of the town.

**Thank you,
Ernestine Book
Agawam**

Parks & Rec. Director Thanks Town For A Great Summer

To The Editor:

As our summer programs come to a close, I want to take this opportunity to thank everyone who made the summer of 2000 a success. Perry Lane Summer Camps had a tremendous season thanks to Day Camp Directors Dan Pryce and Ann Marie Bianca, Pre-School Camp Director Michelle Ferriera, and

Teen Camp Director Joe Bianca. Thanks to the directors and all the camp staff who allowed the children to have such a positive and rewarding summer.

Our DPW worked extremely hard this summer in keeping our fields and facilities in great shape. Thanks to Jack Stone, Superintendent of DPW, and Michael Piccin and his grounds crew for keeping all the fields mowed, groomed, and lined throughout our softball, baseball, and summer soccer season. The DPW worked extremely hard on the brand new tennis courts and fence at Perry Lane. The new courts are being painted, and the new nets are being installed presently and will be open for our fall tennis lessons.

Thanks to Mayor Cohen and the City Council for approving and increasing the 2001 fiscal year budget for the Parks & Recreation Department. Because of this, we were able to expand the walking group hours at the AHS track, expand Public Swim hours at Perry Lane, and offer a brand new Summer Strength and Conditioning Program for High School students. Thank you to track supervisors Kelley Hellstein, Richard Ivey, and Bonnie Massoia, Pool Director Ian Lane and all the lifeguards, and Strength Supervisor Chris Benjamin.

Finally, thank you to all the campers, players, and residents who participated in Parks & Recreation activities throughout the summer.

**Christopher M. Sparks
Director of Parks & Recreation**

Farewell And Good Luck To Sister Eileen Sullivan

To The Editor:

The year was 1992 - August 1st to be exact. A very pleasant, smiling person came to Sacred Heart. Her name was Sister Eileen Sullivan, ssj. She came here to be our Pastoral Minister.

We remember the first couple of weeks that she was here. Sister Eileen said that she would never be able to get to know the people of Sacred Heart. She kept on smiling. After a few weeks, things began to happen. She got to know a few people and began her ministry.

As the years went by (eight to be exact), she got so busy that sometimes it could be a little overwhelming to anyone else. Sister Eileen visited the hospitals on a weekly basis and more often if necessary. She brought Communion to the homebound, and did

Wake Services and Graveside Services.

At Christmastime, she would bring a poinsettia plant to homebound parishioners and those in nursing homes, along with another little gift. At Easter, she brought a little something to them, also. She did her job well and was very well liked by all.

As Sister Eileen was to begin her ninth year here at Sacred Heart, she gave us all the news that she was leaving and that her last day will be August 31st. She will certainly be missed by all, especially the homebound and those in nursing homes (which she regularly visits).

The staff at the parish are all saddened by her leaving. She will certainly be missed by those of us who work closely with her in many ways. When things went wrong for one reason or another, she had the words to make you feel good and sometimes help find a solution to the problem.

There will be a reception following each Mass this weekend, August 26th and 27th, in the Parish Center.

Dear Sister Eileen, our prayers and love go with you as you leave here.

**The staff of Sacred Heart Church
Feeding Hills**

Muscular Dystrophy Assoc. Thanks Area Businesses

To The Editor:

The Auction Committee of the Seventh Annual Summertime Barbeque and Benefit Auction "Lights! Camera! Auction!" would like to thank all the area businesses that donated items. Four-hundred guests attended the Auction, which was held at The Log Cabin Banquet & Meeting House on August 10th. We raised \$18,906 for Muscular Dystrophy.

Agawam, Southwick, and Westfield area companies that donated are:

Advantage Limousine; Agawam All-Star Golf & Grill; Agawam Bowl; Agawam Family Cinemas; Agawam Municipal Golf Course; Al Gagliarducci; American Classics Restaurant; Beaver Camper Service; Community Chiropractic; Cost Cutters; Country Squire Furniture Shop; Crestview Country Club; Dave's Soda & Pet Food City; E.B.'s Restaurant; Edgewood Golf Course, Inc.; Fitness First; Forastiere Family Funeral Homes; Fran's Restaurant; Games & Lanes; Golden Peacock Chinese, Inc.; GoodFellaz

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LETTERS - from Page 5

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Brian K. Dutton
Event Coordinator

Western Massachusetts Chapter
Muscular Dystrophy Association

All-Women Legion Post Seeks New Members

If you are an Armed Service woman veteran of any war from World War I to the Persian Gulf, won't you please (I'm pleading) join your sister veterans in the Pioneer Valley Women Post 463, the only all-women American Legion Post in Western Massachusetts.

We have so many women veterans in the Pioneer Valley, and yet we (Post 463 members) are at a loss as to why you hesitate to join an all-women veterans' group. Why? Won't you please call 786-2597 and give me, Rose M. Haynes (Membership Chairman), one reason why you can't or won't join your sister veterans? Maybe we can resolve your situation.

Is it because of the time or place of our meetings? Is it the dues? Is it because you have a full schedule and can't possibly squeeze in just two hours a month? Whatever your reason, PLEASE let me know why.

Even if you are on active duty or in the Reserves, please call me. The purpose of Post 463 is, first, to help veterans (men and women) in need in the Pioneer Valley and, second, to support veteran ceremonies in the area as well as in other parts of our state.

Post 463 meets the first Sunday of the month (except July and August) at 1:30 p.m. in the Grand Army of the Republic Hall, East Court Street, Springfield, MA. The GAR Hall is located to the left of Springfield Symphony Hall.

I will be anxiously waiting for your call at 786-2597.

IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... ADVERTISER NEWS!!!

- Agawam Obituaries -

BEATRICE J. ALLARD

Beatrice J. Allard, 79, formerly of Alfred Street, Agawam, died recently at a local nursing home.

She was a 41-year production machinist for American Bosch Corp. and United Technologies Corp.

Born in Agawam, she was a lifelong resident and a 1938 graduate of Agawam High School.

She was a communicant of St. Theresa's Church in North Agawam and belonged to the American Bosch Athletic Association.

She leaves her sister, Frieda Mantha of Springfield, and a brother, E. Francis Nolin of Winterhaven, Florida.

The funeral was scheduled for Friday morning, August 25th, at Colonial-Forastiere Funeral Home of Agawam and the church, with burial in St. Thomas Cemetery, West Springfield. Calling hours were scheduled for the afternoon and evening of Thursday, August 24th.

Memorial contributions may be made to the Arthritis Foundation, 29 Crafts Street, Newton, MA 02158.

SAMUEL J. GRAHAM

Samuel J. Graham, 56, of 124 Regency Park, Agawam, died recently at home.

He was a self-employed insurance consultant for many years and also was a teacher in East Windsor, Connecticut.

He was born in New Britain, Connecticut, graduated from the University of Connecticut at Storrs in 1966, and was a veteran of the Air Force.

He leaves a son, Judson C. of Southwick; a daughter, Alana J. Graham, also of Southwick; and a sister, Dona Burdick of Otis.

The funeral was held at Agawam Curran-Jones Funeral Home, with burial in Zions Hills Cemetery in Suffield, Connecticut.

Memorial contributions may be made to the National Multiple Sclerosis Society, 101A First Avenue, Suite 6, Waltham, MA 02451.

WILLIAM F. HENRY

William F. Henry, 80, of 74 South Loomis Street, Southwick, died recently at Baystate Medical Center in Springfield.

He was a 35-year service engineer for Sears, Roebuck Co., retiring in 1981.

Born in Framingham, he lived in Agawam before moving to Southwick last year.

He was a World War II Coast Guard veteran.

His wife, the former Constance LaBarre, died in 1997.

He leaves a son, Richard W. of Southwick; a brother, Louis of New Hampshire; two sisters, Ann Fuson of Greenville, South Carolina, and Doris Reynolds of Florida; and two grandchildren.

The funeral was held at Agawam Curran-Jones Funeral Home, with burial in St. Thomas Cemetery, West Springfield.

Memorial contributions may be made to the Hospice of Pioneer Valley, P.O. Box 9058, Springfield, MA 01102.

JOHN E. HITCHCOCK

John E. Hitchcock, 71, of Agawam, died recently at home.

Born and schooled in Springfield, he lived in Agawam for 16 years, in West Springfield for 10 years, and prior to that in Springfield.

He was a financial director for several area companies, including the former Hitchcock & Co., Curtis Universal Joint in Springfield, the former Bendix Abrasives in Westfield, and the former Bryant Manufacturing (now Merchant Metals) in Westfield. He was presently the treasurer for Beekman Estates in Agawam.

He is survived by his wife of 53 years, Norma. R. (Hemphill) Hitchcock; two sons, James R. of West Springfield and Alan J. of Feeding Hills; a daughter, Linda A. LeClair of Westfield; a brother, George B. Hitchcock of Florida; and five grandchildren.

Another son, Richard E. Hitchcock, predeceased him in 1998.

Funeral services were scheduled for Thursday evening, August 24th, during the calling hours. Burial will be private and at the convenience of the family. Calling hours were scheduled for the afternoon and evening of Thursday, August 24th.

Memorial contributions may be made to the charity of one's choice. Colonial-Forastiere Funeral Home of Agawam was in charge of the arrangements.

HARRIETT C. MARKSON

Harriett C. (Chernaik) Markson, 63, of 9A Castle Hills Road, Agawam, died recently at home.

She was a nursery school teacher at the Springfield Jewish Community Center for several years until 1973. She worked previously in the Forest Park Branch children's room of the Springfield Libraries.

Born in Springfield, she attended Westfield State Teachers College (now Westfield State College) and lived in Longmeadow from 1963 until moving to Agawam in 1993.

She was a member of the Beth El Temple and its Sisterhood.

She leaves her husband, Stuart Markson; a son, Lawrence of Framingham; a daughter, Marjorie Markson of Grafton; two sisters, Helen Herzenberg of Boca Raton, Florida, and Agawam, and Marilyn Morrison of South Windsor, Connecticut; and two

SEE OBITUARIES - Page 7



Cecilia P. Calabrese
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OBITUARIES - from Page 6

grandchildren.

The funeral was held at Harold R. Ascher & Son Memorial Chapel of Springfield, with burial in the temple cemetery in West Springfield. The memorial observance, with evening services, was held at 9A Castle Hills Road.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104; the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089; or the temple at 979 Dickinson Street, Springfield, MA 01108.

MARY L. MCGOWAN

Mary L. (Hersh) McGowan, 70, of 66 Larchwood Street, West Springfield, died recently at Baystate Medical Center in Springfield.

Born in Springfield, she was a lifelong resident of West Springfield.

She was a 20-year licensed practical nurse at Mercy Hospital, retiring in 1991.

She was a communicant of St. Thomas the Apostle Church and a member of the West Springfield Senior

Center.

Her husband, Thomas B. McGowan, died in 1997.

She leaves two sons, Thomas M. of Feeding Hills and Kevin P. of Chelmsford, and four grandchildren.

The funeral was held at Agawam Funeral Home, with burial at the convenience of the family. Donations may be made to the charity of one's choice.

JOHN F. MOTTOLA

John F. Mottola, 88, of 45 Rhodes Avenue, Feeding Hills, died recently in Baystate Medical Center in Springfield.

He was a retired fork lift operator for the former Breck Shampoo Co. of West Springfield, and later for Symanid Co.

Born and educated in Springfield, he was a communicant of Sacred Heart Church.

He was a staff sergeant in the Army in World War II, participating in European battles, and received two Purple Hearts. He was also a member of the Sons of Italy Club in Springfield and the American Legion Post 207 of West Springfield.

He leaves his wife of 50 years, Carmella "Millie" Maso, and several nieces and nephews.

The funeral was held at Colonial-Forastiere Funeral Home and the church, with burial in Springfield Street Cemetery.

HELEN E. PFISTERER

Helen Emma (Peterhansel) Pfisterer, 92, of Agawam, died recently in a local nursing home.

She was born and schooled in Holyoke, and later moved to Springfield. She moved to Agawam 11 years ago.

She was a member of Trinity Lutheran Church and was active in the missionary league and the Ladies Aid.

Her husband, G. Henry Pfisterer, predeceased her.

She leaves two daughters, Shirley Bradley of Agawam and Clara Johnson of Springfield; a sister, Lillian Egloff of West Springfield; three grandchildren; and seven great-grandchildren.

The funeral was held at Toomey-O'Brien Funeral Home, with burial in St. John's Lutheran Cemetery in Westfield.

Memorial contributions may be made to the church,

SEE OBITUARIES - Page 8

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OBITUARIES - from Page 7

400 Wilbraham Road, Springfield, MA 01109.

YOLANDA R. SETTEMBRE

Yolanda R. (Esposito) Settembre, 72, of 97 Regency Park Drive, Agawam, died recently in Baystate Medical Center in Springfield.

Born in Naples, Italy, she lived in Springfield and Longmeadow before moving to Agawam in 1985.

She was a communicant of Our Lady of Mount Carmel Church in Springfield.

She leaves her husband, Alfredo M. Settembre; a son, Nazario "Nino" of Agawam; two daughters, Anna M. Ronca of Feeding Hills and Maria R. Graveline of Agawam; two sisters, Brigida Dipasquale and Maria Dambrosio, both of Naples; and six grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home and in the church, with burial in Springfield Street Cemetery in Feeding Hills.

Memorial contributions may be made to the church, 123 Williams Street, Springfield, MA 01105.

JOSEPHINE P. SOSNICKI

Josephine P. (Wozniak) Sosnicki, 92, of Agawam, died recently in a local nursing home.

Born and educated in Huntington, she was a member of Mater Dolorosa Church.

Her husband, Stanley Sosnicki, Sr., died in 1985.

Chamber Seeks Super 60 Awards Nominations

The Affiliated Chambers of Commerce of Greater Springfield, Inc. is seeking nominations for its annual Super 60 awards program, sponsored by WGGB-TV News 40.

Now in its 11th year, the program celebrates the success of the fastest-growing, privately-owned businesses in the region who continue to make significant contributions to the strength of the regional economy.

Each year, the Super 60 program identifies the top companies in revenue growth and total revenue. Companies may be nominated by financial institutions, attorneys, accountants, or be self-nominated. To be considered for a Super 60 award, businesses must be independent and privately-owned and based in Hampden or Hampshire County or be a member of the ACCGS, produce revenues of at least \$1 million in the last fiscal year, and be in business for at least three full years.

Nominees must submit a nomination form which includes net operating revenue figures for the last three full fiscal years signed by an independent auditor or accountant. Financial institutions are eligible for

the program and must provide total asset figures. All financial information must be reported under generally-accepted accounting principles and will be held and considered confidential and will not be released without prior approval.

The funeral was held at Dillon Funeral Home and in the church, with burial in the parish cemetery.

Memorial contributions may be made to Shriners Hospital, 516 Carew Street, Springfield, MA 01104.

JOAN SZPAKANIK

Joan (Twarog) Szpakanik, 67, of 414 Chestnut Street, Springfield, died recently in a local nursing home.

Born in Springfield, she was a graduate of Putnam High School.

She was on Springfield Mayor Michael J. Albano's Commission for Handicapped Affairs.

Her husband, Joseph Szpakanik, died in 1987.

She leaves a daughter, Maryann Benoit-Albee of Pittsfield; two sisters, Dolores Aberdale of Housatonic and Maryann Enderle of Feeding Hills; and four grandchildren.

The funeral was held at Springfield Funeral Home and in Our Lady of the Rosary Church, with burial in St. Patrick's Cemetery, Chicopee.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

FireWise...

Fire Safety Tips For Senior Citizens

by Fire Chief David Pisano

If you are age 65 or older, you are your own best insurance agent against fire and burn injuries. Fire safety isn't just for children because (like children) older Americans are at a greater risk of being injured or killed from fires or burn injuries than other adults. The Agawam Fire Department encourages you to take some time to look for and correct fire hazards around your home.

Make sure you have at least one working smoke detector on each level of your home. They should be tested once a month, and the battery should be changed annually.

Have an escape plan. Know two ways out of every room in case fire or smoke block one way out. Remember, during a fire the breathable air is close to the floor, so crawl low under smoke. Once you get out, stay out and call the fire department (911) from a neighbor's. Keep your glasses and a flashlight by your bed.

If you smoke or have smokers in your home, extra precautions should be taken. Each year, careless smoking is a major cause of fires. A lit cigarette that falls onto a bed or sofa can smoulder for hours. You should never smoke in bed or when lying down.

Make sure large, deep ashtrays are used and that all smoking materials have been extinguished completely. Dispose of butts in a metal container or douse with water before emptying into a trash can.

The kitchen is another area that can be very dangerous if certain precautions are not followed. Make sure your stove is clean and free of grease build-up. Keep flammables, such as towels and pot holders, away from the stove and oven.

Turn pot handles away from the front of the stove so they won't be knocked off or pulled down. If you're called away from the kitchen during food preparation, turn all burners off. If you have a stove fire, put a lid on it, turn off the heat, and let it cool.

Many fires are caused by home heating. You should have your heating system checked annually by a qualified professional. If you use portable electric or kerosene heaters, make sure they have at least three feet of clearance around them while in operation.

SEE FIREWISE - Page 9



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FIREWISE - from Page 8

and always follow the manufacturer's instructions for their use.

Make sure you've insured your safety at home by knowing what to do in case of a fire.

Contact the Agawam Fire Department at 786-2662 if you have any questions or need more information.

Keenan Announces Mass. Highway Plan

State Representative Daniel F. Keenan is pleased to announce the undertaking of a major reconstruction and rehabilitation project designed by the Massachusetts Highway Department. The project calls for the deck replacement, repair of the superstructure, and the reinforcement of the abutments on

the overpass of Route 57 crossing Route 159.

"I am pleased that Mass. Highway is taking steps towards our common goal of improving statewide roads and bridges, as well as the infrastructure in Agawam," said Keenan.

The estimated cost of the project is \$3 million.

The deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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Families

Rotary Awards Ray McCarroll Memorial Scholarships

The Agawam Rotary Club has announced that it awarded two scholarships last Thursday, August 17th, at its weekly meeting at Storowton Tavern in West Springfield at 12:15 p.m. The scholarships, totaling \$2,400, were awarded to one Agawam High School 2000 graduate, **Stephanie McLane**, and one West Springfield High School 2000 graduate, **Elizabeth Andrew**.

The Selection Committee chose students who best exemplified Rotary's principal motto - "Service Above Self" - and who showed leadership abilities and a desire to make a contribution to their home, school, community, and country.

The purpose of the fund is to perpetuate the memory of Ray McCarroll, who was a charter member of the Agawam Rotary Club and a recruiter of many new members. He was the manager of the Agawam Food Mart for 27 years and, until his death in 1980, resided in West Springfield with his wife, Reita.

For more information, contact the Agawam Rotary Club, Inc., at P.O. Box 587, Agawam, MA 01001-0587, 789-7393.

Visit the Agawam Rotary Club on the World Wide Web at <http://community.masslive.com/cc/agawamrotary>.



THE AGAWAM ROTARY CLUB, at a recent meeting, presented scholarships to two Class of 2000 members; Stephanie McLane from Agawam High School and Elizabeth Andrew from West Springfield High School. Pictured above are (from left) Abbe & Lowell McLane, proud parents of Stephanie; Gene Reopel and Linda Northup Vitro, representing the Rotary; and Elizabeth Andrew with her proud parents, Peter & Kathleen Andrew. Advertiser News photo by Kathy Shepard.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.



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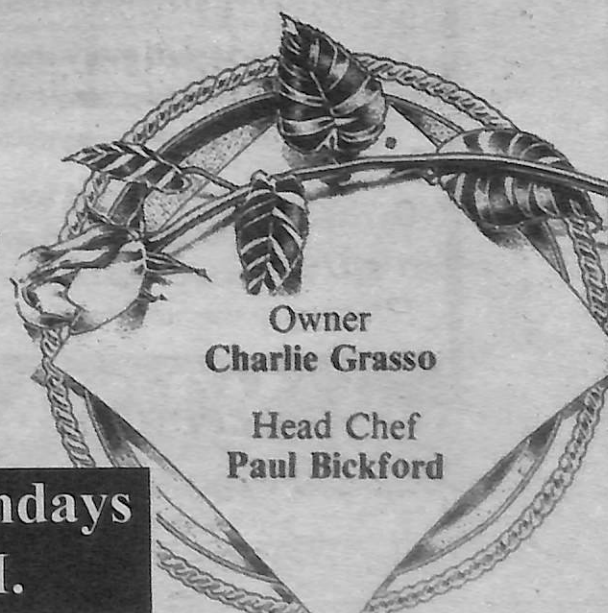
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Bitgood Family Holds Reunion

For the first time in several years, Mr. & Mrs. John C. Bitgood of Agawam and all of their eight children were together for an extended family reunion.

In attendance with Mr. & Mrs. John Bitgood were Katherine & Dr. J. James Bitgood of Wisconsin; Arlene & Dr. Stephen Bitgood of Alabama; Gail (Bitgood) Longey and her husband, Brian Longey of Feeding Hills; Michael Bitgood of Agawam; Brian & Marsha Bitgood of Longmeadow; Jane (Bitgood) Barrientos and her husband, Jonas Barrientos of West Springfield; Thomas & Katherine Bitgood of Virginia; Tracey (Bitgood) Marshall of West Springfield, and many grandchildren and great-grandchildren.

One evening's gathering was at the home of Mr. & Mrs. Brian Bitgood, one day was at the home of Mr. & Mrs. Longey, and one day at the Pioneer Valley Yacht Club in Longmeadow.



MR. & MRS. JOHN BITGOOD OF AGAWAM are seen with their eight children during a recent family reunion. It was the first time in several years that the entire family was together.

Senior Ctr. To Host Senior Cribbage Tournament

It is time to start our Fall Cribbage Tournament on Friday, September 1st at the Agawam Senior Center. Be sure to come before 1:00 o'clock to sign-up. We try to start play promptly at 1:00.

This tournament is mostly for fun and fellowship. We welcome new players. If you want to learn the game or just brush-up on your skills, lessons are available.

The top three winners of our Spring Tournament that ended June 30th were **Shirley Falleti**, **Maurice Bellemore**, and **Dave Barden**. Congratulations to all 20 participants, especially our winners.

We look forward to seeing you this fall.

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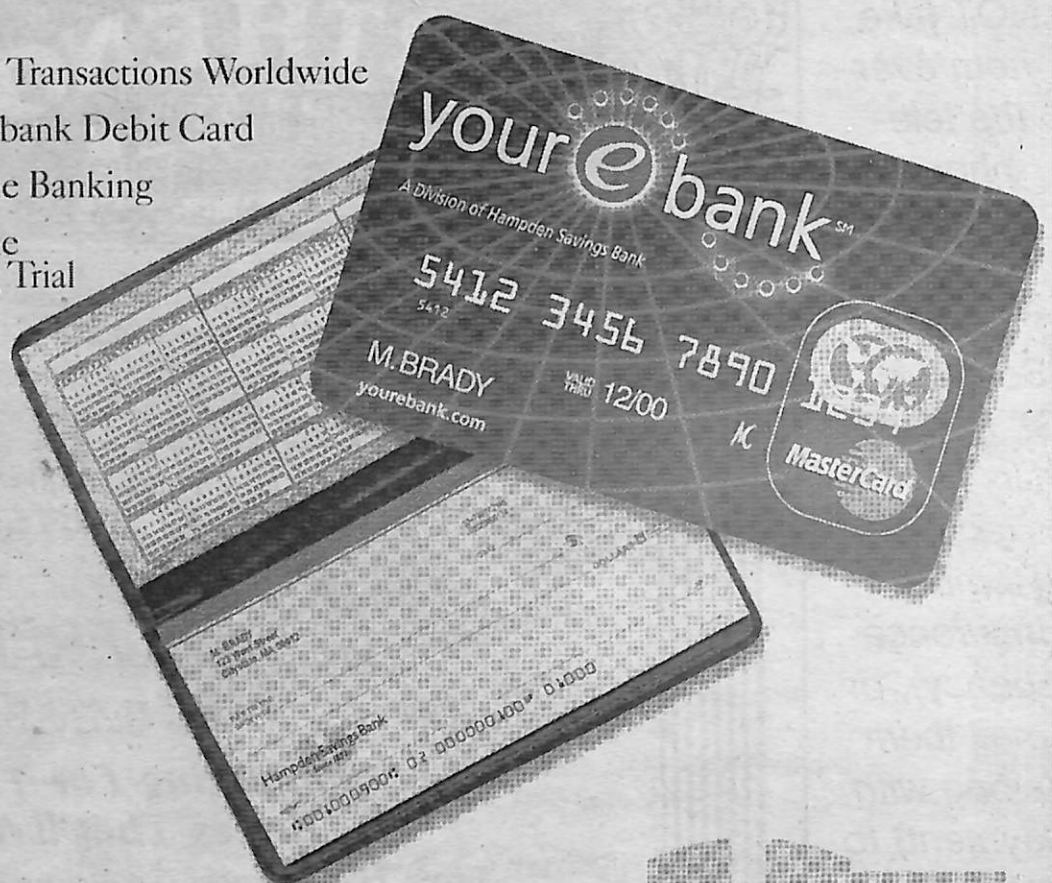
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IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...
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MARIE TREMBLAY & THOMAS NAPOLITAN

Marie E. Tremblay Engaged To Wed Thomas S. Napolitan

Mr. & Mrs. William John Tremblay of St. Johnsbury, Vermont, are pleased to announce the engagement of their daughter, Marie Elizabeth Tremblay of Feeding Hills, to Thomas Sabot Napolitan, also of Feeding Hills. He is the son of Mrs. Katherine Napolitan of Feeding Hills and the late Joseph Napolitan.

The bride-to-be is a graduate of Worcester State College and is currently employed at Sundance Rehabilitation as an occupational therapist.

The prospective bridegroom graduated from Holy Cross College and is the vice-president of St. Anne Country Club in Feeding Hills.

The wedding has been set for October 7, 2000.

Activities Offered By Agawam Parks & Recreation Dept.

Perry Lane Pool Will Remain Open Through Labor Day

Public swim will be available at Perry Lane now through Labor Day. Pool hours are Monday and Wednesday from 12:30-4:30 p.m., Tuesday and Thursday from 12:30-6:00 p.m., Friday from 12:30-8:00 p.m., Saturday and Sunday from 12:00-6:00 p.m. Pool fees are 50 cents for children age five and younger and \$1 for children and adults age six and older.

Perry Lane Nursery School Openings

The Town of Agawam Parks & Recreation Department Perry Lane Nursery School has openings for the 2000-2001 school year. Children who are age three by October 1st are eligible for our two-day a week program for \$60 per month. Children who are age four by October 1st are eligible for our three-day a week program for \$75 per month. Anyone interested in enrolling for the Nursery School should call 821-0514 for more information or stop into the Recreation Office located behind the Agawam High School at 760 Cooper St.

Parks & Recreation Offers Fall Tennis Lessons

We have three brand new tennis courts at Perry Lane and are expanding our lessons into the fall for the first time ever. Children and adults alike can take lessons beginning the week of September 11th and ending the week of October 2nd. Registration for fall tennis lessons will begin on Monday, August 28th at 9:00 a.m. in the Recreation Office located at 760 Cooper Street.

Youth Lessons

Mondays & Wednesdays: 5:00-5:55 p.m. (ages 4-9); 6:00-6:55 p.m. (ages 10-17). \$25 per person - limit 10 per class.

Adult Lessons

Mondays or Tuesdays: 9:30-11:00 a.m. \$20 per person - limit 6 per class; Tuesdays & Thursdays: 5:45-7:15 p.m. \$35 per person - limit 6 per class.

Agawam Golden Age Club - Chapter One's September Calendar

Friday, Sept. 1st: Board of Directors' meeting, 1:00 p.m., Senior Center

Wed., Sept. 13th: Regular meeting, 1:30 p.m. BAKE SALE before meeting w/Gift Bingo for afternoon entertainment.

Tues., Sept. 19th: Trip to Aqua Turf in Plantsville, CT to see "Roaring Twenties."

Mon., Sept. 25th: Day trip to Mohegan Sun Casino. "Start saving those quarters!"

Wed., Sept. 27th: Regular meeting, 1:30 p.m. Entertainment provided by Albert Avadyayer at the piano with members joining in a sing-a-long.

Membership to join Chapter One is open to all Agawam seniors. Call Helen Rogers, Membership Chairperson (786-3756) or come to a meeting to join.

Call Ed Organek, Trip Organizer, regarding trips (786-2453).

"Tough Love" Program At Westfield Church Offered For Parents

You are invited to "Tough Love," a self-help program for parents troubled by their kid's behavior to be presented on Tuesdays at 7:00 p.m. at the Church of Atonement, 36 Court St., Westfield.

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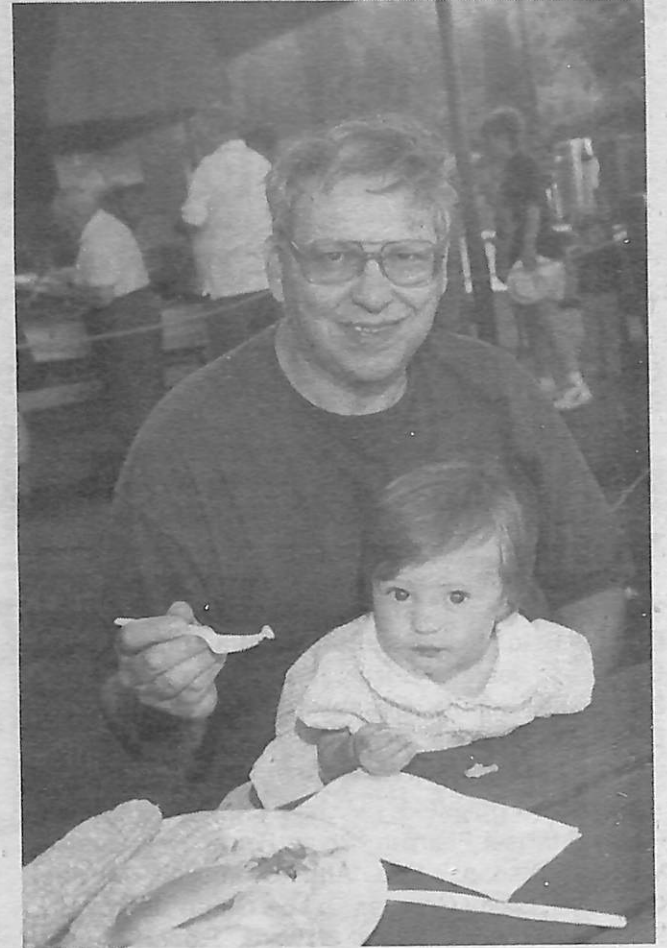
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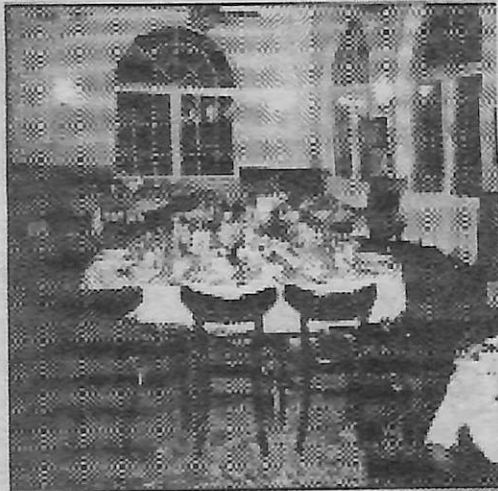
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Agawam Lions Gather For Family Picnic At Turnverein



THE AGAWAM LIONS CLUB gathered for its Family Picnic recently at the Springfield Turnverein on Garden Street. IN LEFT PHOTO: Moving through the food line were member Charlie Calabrese and Joan Kane. IN CENTER PHOTO: Allan and Patricia Franklin were all smiles at the picnic. IN RIGHT PHOTO: Tony Maniscalco, a member of the Agawam Lions Club, enjoys his meal with his granddaughter, Shoshana Maniscalco.

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APPETIZER:

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ENTREES:

Grilled Caesar Tenderloin - 9oz. Tenderloin stuffed with a gorgonzola shrimp stuffing topped with gorgonzola, veal demi glaze with pan-seared potatoes and grilled asparagus.
 Citrus-grilled Sea Bass - A tender sweet white fish grilled with garlic-braised spinach over creamy polenta topped with a citrus vinaigrette.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, August 24 - Classical Pianist Vadim
 Friday, August 25 - Buscemi Duo Guitarists
 Saturday, August 26 - Pianist Natalie Borowiec
 7:00 P.M. - ???

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Thursday:

Double Pork Chops Grilled.....\$9.95
 Chicken Marsala.....\$9.95
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Friday:

Zuppa De Pesce.....\$13.95
 Baked Scrod.....\$9.95
 Mussels Feta.....\$9.95

Sunday:

Seafood Creole.....\$12.95
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20th Reunion Update...

AHS Class of 1980 Looking For Fellow Classmates

The 20th Reunion for Agawam High School's Class of 1980 will be held Friday, October 27th at Chez Josef. Details will be mailed later this month.

Although some searching has been done, we do not have current addresses for the following classmates. Any assistance in locating them would be appreciated.

Nancy Altman, Stephen Andrichak, Valerie Arcand, James Ardizoni, Janice Ayotte, Steven Bailey, Darlene Bator, Vicki Beaulieu, Sandra Berube, Debra Bousquet, Joanne Bozek, William Brobst, Donna Burroughs, Jeffrey Casavant, Mark Casey, Gary Domatos, Vincent Desantis, David Deschesnes, Christopher Dore, Kimberly Dunn, Joanne Dupuis.

Sandra Eggleston, Michael Favreau, Steven Fields, Michael Fleming, Bryan Foote, Lisa Gaetke, Vincent Ghidoni, Lou Ann Gramolini, Michael Gramolini, Elaina Granger, Debbie Green, Jeffrey Hill, Robert Hitchcock, Gary Howard, Robert Janek, Vincent Kortabani, Lisa Kratovil, Steven LaMountain, Daniel Lancaster, Timothy Lord, Richard Mahoney, Luanne Marino, Cynthia Martin, Richard Messenger, Susan Miller.

Dana Mowrer, Cynthia Nolan, Kim Nolan, Lori Opal, Michael Paul, David Pederzani, Sharar Rafati, Cynthia Regnier, Lawrence Roberts.

Maria Rocca, Mark Schmidt, Tracey Settle, Valerie Slamon, Craig Struck, Lawrence Talbot, Lawrence Teal, Brian Thomas, Julie Thorsen, William Trempe, Lori Trombley, Raymond Vandeusen, Kenneth Webb, Lisa Wheelock, Lisa White, Robin Wright, Chris Wycoff.

If you know any of these individuals, please have them contact us or forward their current address information to: Msuttondrake@ivillage.com or P.O. Box 341, Agawam, MA 01001. Thanks!

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Jennifer Robinson Weds R. Arthur Jenkins Of Tenn.

Cynthia Locke Robinson of Agawam announces the recent marriage of her daughter, Jennifer, to R. Arthur Jenkins. Parents of the groom are Mr. & Mrs. Ronald Jenkins of Knoxville, Tennessee.

The marriage ceremony took place Friday evening, June 9th at Sacred Heart Church, Feeding Hills with the Rev. Ronald Sadlowski officiating. Immediately following the ceremony, a reception was held at Storowton's Carriage House in West Springfield.

Cynthia Robinson, mother of the bride, was the maid of honor and Ronald Jenkins, father of the groom, was best man. Bridesmaids included Janet Dougherty (sister of the groom), Stephanie Mason (cousin of the bride), Karen Cree (high school friend of the bride), and Sandra Rajeski (college friend of the bride). Groomsmen included J.D. Jenkins (brother of the groom), Brian Langley and Bill Oldham (high school friends of the groom), and Jeff Johnson (college friend of the groom).

Kayla Dougherty (niece of the groom) served as flowergirl and Jordan Perusse (second cousin of the bride) as ringbearer. Additional attendants included Justin and Jordan Jenkins and Tyler Dougherty (nephews of the groom) and Dan Mason (cousin of the bride).

Special guests at the wedding included Dick and Yvette Locke of Agawam and South Dennis (grandparents of the bride) as well as Ruth E. Locke of Framingham (great-grandmother of the bride).

The couple was honored at a second reception held Sunday, June 11th at the Club LeConte in Knoxville, Tennessee. Following this reception, the bride and groom flew to Barcelona, Spain, where they boarded the *Crown Odyssey* for a 10-day Mediterranean cruise.



MR. & MRS. R. ARTHUR JENKINS

Jennifer is a 1990 graduate of Agawam High School. She received her bachelor's degree from the University of New Hampshire and her law degree from the University of Tennessee College of Law. She is an attorney with Stone & Hinds, P.C. in Knoxville, Tennessee.

Arthur graduated from The Webb School in Knoxville and Centre College in Danville, Kentucky. He received his law degree and his MBA from the University of Tennessee.

He is an attorney with the law firm of Arnett, Draper & Hagood in Knoxville.

*Our deadline for our "Back To School"
edition is Monday, August 28th, at 5:00
p.m. Thank you for your cooperation in
this matter ... ADVERTISER NEWS!!!*

PLEASE PRAY FOR BARBARA

Barbara DiFlumera
41 Lorraine St.
Chicopee, Mass.
is very ill with a
rare form of
cancer.
Her family is
asking for
prayers to
St. Theresa
Benedicta
of The Cross
and
St. Perigrine
to intercede with
Jesus
to make Barbara
well again.



Cards are most
welcome.
No visitors, please!
For more
information, please
call her sister, Lisa,
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Many will
remember Barbara
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Chickies Restaurant
in Agawam.
We thank you in
advance
for your
prayers and
well wishes.
Barbara's Family



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Fat-Free Diets

Question: I heard that a fat-free diet isn't as healthy as I thought it was. Is that true?

Answer: I truly believe that balance and moderation of anything is healthy. Your body needs all kinds of things to function properly and if you take some of these things away, you could be denying your body some important nutrients. If you have been following a fat-free diet, then you could be missing beauty and hormone-balancing oils, fat-soluble antioxidants like vitamin A and E, and detoxification nutrients like vitamin B, magnesium, and zinc.

All these are important for clear skin, strong nails, healthy hair, and a strong immune system. They also help hormone balance by breaking down estrogen in the liver. Oils, proteins, and carbohydrates are needed to give you healthy natural beauty.

The essential oils (fatty acids) from both the omega-3 (flaxseeds, flaxseed oil, hempseed oil, pumpkin seeds, walnuts, and dark leafy greens) and omega-6 (unrefined and unprocessed vegetable oils) fatty acid families are important to your health. They aid in the absorption of vitamins A, D, E, and K, which are your beauty vitamins (skin, hair, and nails). They help ward off eczema, dandruff, psoriasis, dryness, and hair loss. These oils are also helpful in keeping your body's detoxification process working by moving oil-soluble poisons stored in fatty tissues out of the body by elimination. These also protect your body against premature aging, osteoporosis, arthritis, heart disease, cancer, allergies, and asthma.

Protein is important for so many reasons, like the production of glucagon, a hormone that promotes the burning of fat for energy. It is involved with tissue growth and repair, improving muscle tone, boosting metabolism and maintaining healthy hair, nails, and skin. It also helps in the detoxification process by carrying toxins and heavy metals out of the body, especially excess copper, which can easily be an overload in our body due to daily intake (copper pans and plumbing, vegetarian diets, chocolate, teas, vitamins, and some prescriptions).

Too much copper can create a zinc deficiency in the body. Zinc is important for strengthening hair and nails, producing clear, unblemished skin, healing bruises and wounds, and helps maintain regular menses. For the perimenopausal women, zinc aids with the absorption of vitamin D, which is good for building strong bones.

Too much copper depletes vitamin C and bioflavonoids, which can weaken collagen and elastin formation necessary for healthy, young looking skin. Other problems include rosacea, redness, broken capillaries, skin rashes, and white spots on the fingernails.

Carbohydrates are broken down into two categories; simple and complex. Fruit foods are simple carbohydrates and are considered body cleansers which help keep our complexions clear. Vegetables are complex carbohydrates (starches) and are the body builders. They provide time-released energy for our bodies which, in turn, increase physical endurance.

Today, we think of starch coming from grain instead of vegetables such as raw potatoes, yams, parsnips, rutabagas, and turnips. Grinding, grating, or chopping these up and putting them into a salad could be an appetizing way of adding these to your diet.

Grain in its uncooked form is less ideal than root vegetables, but when properly activated, germinated or sprouted, it is a convenient source of essential complex carbohydrates.

Cooked starches convert foods into inorganic and indigestible fillers and do not nourish our bodies.

I believe that a balance of proteins, fruits, veggies, starches, and greens can be the base for total health and radiant beauty.

Thought for a smile: a giggling child.
and remember.....Beauty is our Business!

Douglas R. Nooney Graduates From National Guard Basic Training

Army National Guard Pfc. Douglas R. Nooney has graduated from basic combat training at Fort Knox, Kentucky.

During the training, the trainee received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness,

first aid, and Army history and traditions.

He is the son of Jan M. Nooney of 469 Corey Street, Agawam, and Donald W. Nooney of 9 Granville Road, Southwick.

The private is a 1998 graduate of Agawam High School.

The deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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AFS Parents Spend A Midsummer Night's Dream In Germany

For virtually every participating host parent in American Intercultural Programs (AFS), there are two givens once their exchange student leaves after a successful year living in their home - having that student return or being lucky enough to travel to the student's homeland for a visit.

Earlier this summer, Ray & Debbie Pond of Main Street, Agawam - AFS host parents for the Agawam Chapter during the 1997-1998 school year - saw their dream come true when they spent 2-1/2 weeks wandering through Germany with former AFS exchange student Denise Reinhold, a 1998 graduate of Agawam High School.

Before their reunion with Denise, the Ponds first arrived in Frankfurt to renew a friendship with Bjorn Senger, a German AFS student who stayed with the Ponds for five days back in the summer of 1994. Bjorn and the Ponds established an immediate bond and the following summer, Bjorn returned to the United States and spent a week of his extended USA vacation with the Ponds in Agawam.

Since that time, the Ponds and Bjorn remained in contact, and it was decided that the first few days of their trip to Germany would be with him. The first evening in Frankfurt included a tour of portions of the city and a fine evening meal "with some fine German brew," added Ray, a long-time firefighter in the Agawam Fire Department.

The next day, the couple and Bjorn departed by train to Bjorn's historic home city of Cologne, the site of the famous 13th-century "Dome Cathedral." "That was simply awe-inspiring," said Debbie. The Ponds' time with Bjorn also included a boat trip down the Rhine River to view the many beautiful castles nestled along its banks.

"After a four-hour boat tour, we got off at a little town called Bacharach. It was a real fairy-tale town," said Debbie. "This town was surely a picture postcard within itself. Every window in the town seemed to have lace curtains and flowers cascading down the sides of every house. It was just beautiful."

The Ponds then returned to Frankfurt after saying good-bye to Bjorn, who presently attends a banking school in that city. It was then time to get back on another train for a nearly five-hour ride to reunite with Denise Reinhold in her hometown of Mildenau, a small village in the former East Germany. "The excitement and anticipation about seeing Denise again was almost too much," said Debbie.

"Denise and her mom (Ute) met us when we got off the train. After many hugs and kisses and screams (from Denise), we headed out once again for an hour-long drive to the small village of Mildenau, where the Reinhold family lives. We were greeted at the Reinhold home by Denise's dad, Dietrich," said Debbie.

For the next seven days, the Ponds toured the eastern part of Germany with the Reinholds. Some of the highlights included the city of Dresden, the Sandstone Mountains, Annaberg-Bucholz, and the Buchenwald concentration camp.

The whirlwind tour for the Ponds then switched to the home of Denise's sister, Monique, who lives in Bavaria in the heart of the Bavarian Alps. This excursion included a day trip to neighboring Austria to visit the glaciers of the Austrian Alps, as well as a day of shopping and sightseeing in the ancient city of Roseheim in Bavaria.

"We saw beautiful sunsets from these majestic mountains, and climbed up smaller mountain ranges to just look at the view," said Debbie. Ray added, "We visited castles and churches that were centuries old and were inspired by all that we saw. It was hard to believe that many of these buildings were so old and still standing."

For all the hometown news, you turn our



AGAWAM RESIDENTS RAY & DEBBIE POND, former host parents with the Agawam Chapter of American Intercultural Programs (AFS), traveled to Germany to visit their former AFS student, Denise Reinhold. Ray & Debbie (far right) are pictured with Denise and members of her family (from left) - grandmother and grandfather Reinhold, Dietrich & Ute Reinhold (Denise's parents), and Denise. IN PHOTO BELOW: Ray & Debbie also visited with Bjorn Senger (middle), a former German AFS student who spent four days with the Ponds in their Main St., Agawam home back in the summer of 1994.

For the Ponds, the 25-day holiday ended much too fast and the moment arrived to say good-bye (for now) to Denise and her family. The Ponds traveled to Munich to catch their plane back to the United States. They arrived in Agawam at midnight on Thursday, August 3rd, exhausted but happy to be home once again.

"We are both so grateful and thankful to AFS to have had the experience of taking Denise into our home to spend the year. Even though the year had its ups and downs, it was worth it in the end. The memories we shared, the friendships that were made, and the lessons that we learned will be with us for a lifetime," noted Debbie. "We wish to thank AFS from the bottom of our hearts."



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COREY DRUIN (10) OF FEEDING HILLS was one of 12 Easter Seals campers who visited the British Tall Ship Lord Nelson during Tall Ships Boston 2000 this summer. The ship is fitted out so people with all kinds of disabilities can sail, even if they can't walk or see or hear. Corey wears braces and uses crutches.

Easter Seals Camper Has Summer Adventures To Report

Ten year-old Corey Druin of Feeding Hills was one of 12 Easter Seals campers who visited the British Tall Ship Lord Nelson during Tall Ships Boston 2000 this summer.

The ship is fitted out so people with all kinds of disabilities can sail, even if they can't walk or see or hear. Corey wears braces and uses crutches.

Easter Seals provided 450 Massachusetts youngsters with summer experiences to help them expand their independence. This is the first time a visit to a Tall Ship has shown campers the possibilities open to them, despite disability.

"Friends" To Sponsor Atlantic City Trip

Join the "Friends" of the Agawam Senior Center to the Tropicana Casino Resort in Atlantic City on Wednesday and Thursday, October 25th and 26th.

With an 8:00 a.m. departure, we are bound for the excitement of Atlantic City (with comfort and meal stops en route).

We will enjoy one night at the Tropicana Hotel, where you will receive a tower room and have plenty of time to gamble in the house/hotel's casino and also see a show.

Your package will include: round-trip motorcoach transportation, one night's accommodation at the Tropicana, a prime rib dinner, \$10 in coins, \$3 food credit, cocktails, show, and all taxes and tips (including driver's gratuities). The cost is only \$115 per person (double). We will depart at 8:00 a.m. from the Agawam Senior Center, and will return at approximately 9:30 p.m. on October 26th. This trip is open to the public.

Contact Nellie Mathias at 786-9093 for reservations, or contact the Agawam Senior Center at 68 Meadowbrook Manor, Agawam. A \$25 deposit will hold your reservation.

Agawam's New Parade Committee

Interested Agawam residents have initiated the organization of this town's own, St. Patrick's Day Parade Committee.

This committee will be affiliated with the Holyoke Parade Committee and will work with area organizations and businesses to create and fund a marching contingent and float for the Annual Parade in Holyoke.

The preparation for this event is a year-long process and may include picking a Colleen, picking award recipients of awards, designing, funding, and building a float.

Members need not be of Irish heritage. Any interested citizens may join this worthwhile and enjoyable committee.

Anyone interested in participating in this organization is urged to contact: Mike Tuckey - 789-9272; Bob Magovern - 786-0244; or Gerry O'Keefe - 786-2483.

Ag. Senior Center's Weekly Lunch Menu

Monday, August 28th: BBQ pork on a roll, steak fries, broccoli salad, plum.

Tuesday, August 29th: Roast turkey, stuffing with gravy, summer squash, cranberry, rye bread, mixed fruit.

Wednesday, August 30th: Vegetable quiche, tossed salad, Vienna bread, butterscotch pudding.

Thursday, August 31st: Strip steak, peppers and onions with gravy, cheese baked potato, whole wheat bread, pears.

Friday, September 1st: Corn chowder, egg salad on a roll, broccoli salad, cake.

(Menu subject to change without notice.)

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!

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Church News

News & Activities

At Sacred Heart

MUSIC - MUSIC - MUSIC

The Sacred Heart Parish is interested in starting a "Parish Band." We are attempting to start a musical organization which, hopefully, will be very versatile in its make-up.

We hope to use the band in parish-related functions. From religious music to concert pieces, marches, jazz, rock, folk, and soul, from the church to concerts to dances, anything is a possibility and we will try to encompass it all. So, if you play a musical instrument and are between the ages of 10 and 80, come down to the meeting.

On Thursday, September 7th, at 7:00 p.m. at the Sacred Heart Parish Center, there will be a meeting for **anyone** who plays an instrument and who would like to be part of this new musical organization. If you can't make it and want information, call John Lennon at 786-8338.

ROSARY FOR WORLD PEACE

The Rosary for World Peace is recited in the Church each Monday evening at 6:30 p.m. prior to Mass, and each Wednesday morning immediately following the 8:00 a.m. Mass.

Come and join us.

TAG AND CRAFT SALE

Our Tag and Craft Sale is fast approaching! The response has been great, and the parking lot should be filled with people offering all sorts of interesting items. You might just find what you've been hunting for! Remember the date - Saturday, September 9th, from 9:00 a.m. to 3:00 p.m. (Rain date is the following Saturday.)

There are still some spaces left if you would like to join us. This is a good way to get rid of all that clutter you've been collecting! Call Theresa at 786-4966 or Nancy at 786-3384 for more information.

There will also be a special table for tag items from

SEE SACRED HEART - Page 20

Sarah Cowan Visits Bible School



SARAH COWAN, DAUGHTER OF ST. DAVID'S CHURCH PASTOR LEONARD COWAN, recently returned from one month in Rwanda, Africa and talked to children who attended the St. David's Summer Bible School about her adventures in this third-world country. Pictured with Sarah are Michael Andotti, Kyle Fraga, David Glista, and Kurt Langheld. Advertiser News photo by Kathy Shepard.

ADVERTISER NEWS

We take care of the community both inside and out.

"She's had the best year of her life here."

Joseph Cembura, son of Lucia Cembura, resident

"My Dad has blossomed here. My daughter said the other day, 'It's like having the old Pepe back.'"

Jacqueline Lakoto, daughter of Lucien Desrochers, resident

"Heritage Woods offered the support I needed when I couldn't be home alone any longer."

Clark Stephenson, resident

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Jessie Fuller, respite resident

"Heritage Woods offered the flexibility our family needed to allow our dad numerous respite stays; enough that he was able to make up his mind that he should move in permanently."

Maryanne Beach, daughter of Dr. Aloisios Bloniar, resident

AMELIA PARK DEDICATION & GRAND OPENING

21 South Broad St., Westfield, MA

September 10th - Public Invited

2:00 p.m.: AMELIA'S GARDEN

DEDICATION & INAUGURAL CEREMONY

3:00-6:00 p.m.: ICE ARENA & IN-LINE ARENA TOURS, SKATING EXHIBITIONS & REFRESHMENTS

Amelia's Garden Programs Featuring:

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4:00 p.m.: DON BLAIR, MUSIC FOR ALL AGES

5:00 p.m.: WESTFIELD HIGH SCHOOL JAZZ BAND

6:30 -10:00 p.m.: FREE PUBLIC SKATE (ICE & IN-LINE SKATING)

7:00 p.m.: CONCERT FEATURING WESTFIELD STATE COLLEGE MUSICIANS



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Parish News And Notes From St. John's Church

THE BEST PARISH PICNIC THIS SUNDAY: Be sure to get to our St. John's field on Sunday, August 27th, between 1:00 and 4:00 p.m. for the gala Parish Picnic. Bring your own picnic or have hot dogs, hamburgers, ice cream, and soda at bargain prices. There will be games and fun activities for all ages. Be there!!!

RELIGIOUS EDUCATION REGISTRATION: The process of registration for next year's classes is winding down. **Children not registered by September 1st may not be accommodated.** Parents of children in first grade are reminded that they have to register their children. Registration during August, \$30. There will be a mandatory start-up TEACHERS' MEETING on August 30th at 7:00 p.m. in the lower church.

AGAWAM CATHOLIC SINGLES CLUB: The group meets on the second Thursday of each month. The next meeting will be September 14th at 7:00 p.m., with a square dance demo at 7:30 p.m. A trip to Howe Caverns is planned for September 16th for all who might be interested. For more information, call JoAnn, 789-0774, or John, 786-2273.

HELP: The **BAZAAR** is coming ... the **BAZAAR** is coming and we need your help. Our Bazaar has been the best of its kind in the area for years, and virtually the only fundraiser that we have here at St. John's. All the proceeds of the Bazaar go directly to the parish. This year the date is **DECEMBER 2ND** from 9:00 a.m. to 3:00 p.m. We need chairwomen for the Christmas Decorations Booth and the Sewing Booth. We are also looking for people to sew and knit. We need to find and encourage these talents in our midst. It would be a shame if the giftedness of the past could not be passed on to our younger generations. A talent for holiday decorations? We can use you, too. Those who work on the Bazaars have found them very rewarding experiences. Come and see how you could fit in. Call the chairwoman for the Bazaar, Joan Malinoski at 789-0299.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you



Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Relationships Are Costly, But Worth It...

One of the more typical, or popular, images of Jesus is that He was an "easy" person. Artists' renditions of Jesus (as often as not) depict Him as a gentle, shepherd-like sort of person. He would appear to be more appropriately situated in a flower garden than in a sports arena.

Because we often conjure up pictures of Jesus as "easy" or gentle, we might be tempted to think of Him as placid. As easygoing. As a pushover. As one who, for various reasons, is undemanding. Nothing could be further from the truth.

It is true that Jesus said about Himself, "I am gentle and humble in heart." It is also true that Jesus did not resist when He was arrested by the Roman soldiers and crucified by Pilate. However, that still doesn't mean that Jesus wasn't demanding.

The truth is that Jesus was, in fact, demanding. He was demanding of His disciples during His earthly sojourn, and He is still demanding of His followers today. He offers to one and all the free gift of eternal life. There is nothing any of us can do to deserve such a gracious and wonderful gift. There is, however, something that each of us must do to receive it. We must believe His promises. In other words, we must commit ourselves to Him.

The Bible uses the example of marriage to illustrate what our relationship with God is to be like. Marriage is a relationship built upon the foundation of commitment. In marriage, we are to submit to one another out of reverence for Christ.

Successful marriages are also based upon sacrificial love. In our day, we see some marriages suffer, because they are based on "consuming love" instead. When married persons are more interested in what they get out of marriage than what they put in, that marriage is in trouble. The Bible commands, husbands, love your wives, just as Christ loved the church and gave Himself up for her. In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for

it, just as Christ loves the church.

Unlike some people, when Jesus is demanding, He gives before He asks to receive. He committed Himself to us first, long before He asks us to commit ourselves to Him. Jesus demonstrated His love for people by dying on the cross for our sins; for Christ died for our sins once and for all, the righteous for the unrighteous, to bring you to God.

In a healthy marriage, commitment is not difficult. Even though commitment is demanding, as we "for-sake all others," it is easy, even a joy to do, because of the rewards we receive. There are some people who are afraid of the "C" word (commitment), but those people have no idea of how wonderful a loving marriage can be.

Some of the people who followed Jesus were also afraid of the "C" word. When Jesus spoke explicitly about Himself being the Son of God, the Savior of the world - and not just another "good teacher," prophet, or religious leader - many of His disciples said, "This is a hard teaching. Who can accept it?"

No doubt it troubled Jesus to hear some of His followers indicate they were hesitant to make a commitment to Him. Aware that His disciples were grumbling, Jesus said to them, "Does this offend you? What if you see the Son of Man ascend to where He was before? The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life. Yet there are some among you who do not believe."

It is hard to comprehend why anybody would turn away from Jesus, once they understood what He offers each of us. The eyes of the Lord are on the righteous and His ears are attentive to their cry. The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all. The Lord redeems His servants; no one will be condemned who takes refuge in Him.

Nonetheless, from this time many of His disciples turned back and no longer followed Him.

How about us? Like it or not, each of us has our own decision to make. We cannot not decide. After the people of God entered the promised land, following a long journey in the wilderness, their leader Joshua admonished them. "Now fear the Lord and serve Him with all faithfulness. Throw away the gods your forefathers worshipped beyond the river and in Egypt, and serve the Lord. But if choosing the Lord

SEE REV. MONAHAN - Page 20



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The Right Kind Of Faith

What kind of faith do you need to be forgiven of your sins and to obtain peace with God? The right kind of faith focuses on Jesus Christ. Here's what to do:

1. Admit your sinfulness and tell the Lord you want to turn from it. Jesus said, "Unless you repent you will all likewise perish" (Luke 13:3).
2. Believe that "Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day" (1 Corinthians 15:3-4).
3. Trust in Jesus as your personal Savior and Lord. Romans 10:9 says, "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."

The time to trust in Christ, to make Him the object of your faith, is now. You can do it today by praying something like this:

Dear God, I know that I am a sinner and that in my own strength I cannot do anything to please You or to earn eternal life. I believe that You love me and that You sent Your Son to die on the cross to pay the penalty for my sin. I now put my faith in You and trust completely in Jesus Christ to rescue me. I desire to turn away from my sin and to let You take control of my life. Amen.

If you prayed that prayer in all sincerity, you can say, "Now I have the right kind of faith!"

Adapted from the booklet *Do I Have The Right Kind Of Faith?*
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Bread*

News From Faith Bible Church

Just a reminder for anyone who is attending the Taste of Westfield on August 25th, 26th, or 27th - stop by and say hi to us. We will be talking to and greeting people who are looking for some great food to taste.

This should be fun and (of course) very low in calories.

Our Women's Bible Study is still meeting Tuesday morning at 9:30 a.m. Nursery is always provided.

Anyone needing directions or have other questions, please call the church at 786-1681.

Saturday is our outreach day, and we go into Springfield's north end for street evangelism. We gather at the church and go out from 12:00 noon to 1:00 p.m.

Everyone who is involved in this says that the feelings they receive from being on the streets outweigh the grateful feelings from the people in Springfield who come out to meet them.

Our youths will be going to Block Island for the day this Tuesday, and they are very excited. The Smith family does such a special job with the teens, as this is a ministry that needs adults who can provide a safe but fun environment for our youth. We thank them wholeheartedly.

This past Sunday, we had a guest speaker, Reverend Cowan from St. David's Church. He was so exciting to listen to, and he brought a special message and touched many hearts. We thank him again for visiting.

Due to the addition on our church being started, our tag sale will be held October 6th and 7th and promises to have something for everyone.

In the spring, we held a tag sale, but this one should be bigger and better. More details will follow.

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News & Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. and will this week include a special collection for the Gift & Promise campaign.

Rev. Donaldson's sermon title is "Actions Consistent with Faith." The Bible reading is James 2:1-7, 14-24. Matt Granger will be Lector. Ushers will be Ben and Sharon Rozanski.

Nick Pelter will serve as Acolyte. Children are invited to attend worship, which will include a Youth Moment.

Rally Day will be September 10th. Worship hour will begin at 10:00 a.m. The sanctuary will be filled with energy as we gear up for another fun year of Sunday School.

In celebration of our church youth, a cookout will follow the service. The Board of Christian Education will supply hot dogs, hamburgers, and beverages. Those in attendance are asked to bring a snack, salad, or dessert to share.

It would help the CE Board with their plans if church members would use the posted sign-up sheet or call the church office if they plan to attend the picnic. If you don't sign up, join in on the fun, anyway!

Choir practices will resume in September on Wednesday evenings at 7:30 p.m.

For those thinking of joining the staff, please note it is composed of members keyed into raising the bar of our worship, and even those with only a bassic knowledge of music are sure to measure up.

Rev. Donaldson will be away on Sunday, September 3rd. He will be helping his son, Douglas, move into his college dorm.

Our prayers are with the Donaldson family, as well as other families adjusting to change. Good luck, Douglas!

On the calendar:

Sunday, August 27th: 9:30 a.m., Gift & Promise Sunday; 11:00 a.m., Church of Redemption.

Monday, August 28th: Rev. Rob begins vacation.

Tuesday, August 29th: 7:00 p.m., A.A.

Thursday, August 31st: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

Grand Re-Opening For Trading Post Consignment Shop

The grand re-opening for the Trading Post Consignment Shop at First Baptist Church of Agawam (corner of Main and Elm Streets) will take place on Wednesday, September 6th, from 10:00 a.m. to 5:30 p.m. The re-opening will be for "take-in" only, and there is a limit of 50 items at one time.

Clothes must be clean, in season, in style, ironed, folded, or on hangers. If you have knick-knacks, small appliances, baby items, etc., they must be good as new.

The opening day to shop will be September 13th. We are looking forward to seeing you all again!

REV. MONAHAN - from Page 19

seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the river, or the gods of the Amorites, in whose land you are now living. But as for me and my household, we will serve the Lord."

Jesus inquired of His immediate followers if they were committed to Him. Simon Peter answered Him, "Lord, to whom shall we go? You have the words of eternal life. We believe and know that You are the Holy One of God."

SACRED HEART - from Page 18

members of the parish; this is also a good way to get rid of items, but not enough to rent a space. The drop-off time will be announced, but please ... NO CLOTHES, TVs, COMPUTERS, or large items.

Be sure to keep the date in mind and stop by. Remember, all money raised is used to give a helping hand to members of our parish.

BIBLE STUDY

Beginning on September 5th, there will be a Bible Study course on "Women in the Old Testament."

If you are interested in taking this course, please call the rectory at 786-8200 and we will send you the flyer/sign-up sheet.

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News & Notes From Ag. Congregational

On Sunday, August 27th, our service begins at 9:30 a.m. with Rev. Eisenbach speaking on "PAIN - THE GIFT NOBODY WANTS." Come join us for a time with the Lord with fellowship immediately following the service.

September is the month when everything gets going. A 13-week Grief Group beginning in the fall will provide an opportunity for healing. Grief is one of life's deepest hurts, which can continue on and on... The group will be led by Rev. Eisenbach and his wife, Barbara, using a video series called "Grief Share."

Also, the Wednesday evening prayer and healing service will begin with praying, sharing, and teaching on "The Healing Ministry of Jesus." Jesus' ministry of healing of the mind, spirit, and body is for us today, so come and let the healing presence of the Lord bring you wholeness.

The Pastor and his wife, Barbara, are members of the Order of St. Luke, an international healing and prayer ministry. They are available and will pray with individuals after the service.

Men are invited to join the Men's Prayer Time,

Parish Cupboard's French Toast Breakfast Raises Nearly \$400

The Ninth Annual French Toast Breakfast to benefit the Parish Cupboard provided almost \$400 for service to our neighbors who utilize the food pantry and soup kitchen. Over 100 people enjoyed french toast and sausage served in the Lions' Den at The Big E on Sunday, August 20th.

"Now I know why they are called Lions, because of their big hearts," said Candy Boucher, Executive Director of the Parish Cupboard. "We appreciate the willingness of their members to come down on a beautiful Sunday morning to cook. Thanks a million!"

Another 20 to 30 volunteers took turns serving the patrons, pouring juice and coffee, and cleaning tables. "Thank you to everyone who made this event a success," said Boucher.

The Parish Cupboard was established in 1985 as a source of food, monetary, and clothing donations from

Donations Sought For Parish Cupboard

The Parish Cupboard in West Springfield currently needs donations of school supplies, socks, fall and winter clothing (in good condition), and personal care products.

Donations may be dropped off between 8:00 a.m. and 3:00 p.m. any weekday except Wednesday. On Wednesday, the Parish Cupboard is open from 5:00 to 6:00 p.m.

Donors are asked to bring food donations during business hours ONLY. Clothing donations can be left in the bin on the Bridge/Main Street corner of the building anytime.

Monetary donations can be mailed to the Parish Cupboard, 1023 Main Street, West Springfield, MA 01089. The Parish Cupboard serves anyone in the dining room, and gives emergency food to citizens from Agawam, Feeding Hills, West Springfield, and Southwick.

Catholic Women Plan Fall Art Auction

The Catholic Women's Club of Agawam will host a Ross Gallery Art Auction to benefit the club's scholarship fund on Saturday, October 14th at St. John's Parish Center, 233 Main St., Agawam.

Preview will be held at 6:30 p.m. with the auction starting at 7:30. Cost is \$10 per person or \$15 per couple. Refreshments and a raffle will be available.

For ticket information, call Mary Gontczaruk at 413-786-0283.

which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

Appraisal Fair To Be Held September 7th, 3:00 To 7:00 P.M.

Back by popular request, the Fellowship Guild will be having its second Appraisal Fair. Bring in your treasured items and find out how much they are worth. The cost is only \$4 per item. No limit.

Free coffee and tea will be served. There will also be a Bake Sale Table, which will include all the favorite goodies. Come and bring a friend.

Douglas Bilodeau (Douglas Auctioneer) of So. Deerfield, MA, will be the appraiser.

Six Flags Consignment Tickets

Adults - \$20.50 (save \$14.49) \$2 contribution to Parish Cupboard; Junior - \$16.50 (36"-48" in height - Under 36" N/C) 50 cents to Parish Cupboard. Good any day this season. One day's admission per ticket.

For more information concerning any of our events, please call the church office at 786-7111.

Crafters Wanted For Lioness Club's Craft Fair

The Agawam Lioness Club is seeking crafters for its upcoming Holiday Craft Fair. The fair will be held on Saturday, November 4th, from 9:00 a.m. to 3:00 p.m. at the St. Thomas School in West Springfield.

Interested crafters are asked to please call 789-0015.

Nocturnal Adoration Society To Meet On Friday, Sept. 1st

The Nocturnal Adoration Society of Agawam and West Springfield will meet at Sacred Heart Church in Feeding Hills to conduct and pray the Office of the Blessed Sacrament on Friday, September 1st, from 7:00 to 11:00 p.m.

All are invited to come and spend an hour in Eucharistic Adoration.

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more reason why you turn
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and every week ...
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STCC classes offered at Agawam High School

Once again, several of STCC's most popular courses will be offered on *Tuesday* evenings for your convenience at Agawam High School. Classes begin September 12 and end on December 12. There are **FREE e-mail accounts** for continuing education students.

Classes

Microcomputer Applications for Windows 1
Introduction to Structured Programming
Principles of Marketing
Elementary Spanish 1
Survey of Early U.S. History

Registration

Registration is now going on at the main campus, in person, by phone, or by fax; call 755-4089. Hours are Monday through Thursday 8:00 a.m. to 8:00 p.m., and Friday 8:00 a.m. to 4:00 p.m. as well as Saturdays, September 9 and 16 from 8:00 a.m. to noon. Visa, MasterCard, and Discover are accepted. You may register at Agawam High School the first evening of classes, pending seat availability. *Starting this semester you may register online at <http://sce.stcc.mass.edu>.*

Main Campus

Over 140 different credit courses are offered in STCC's Evening and Weekend College program, including a 3:00 p.m. and 4:00 p.m. session and Saturday morning classes. Classes lead to a wide variety of associate degree and certificate programs. Now 17 classes are offered through distance education for students with Internet access. *For further information, please call STCC Continuing Education at 755-4089.*



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Spotlight on Business

No More Mosquitoes!



LOG CABIN CANDLE COMPANY on College Highway, Southwick, has special citronella candles designed to keep mosquitoes at bay (including those which may possibly carry the West Nile virus). The candles are made locally by Log Cabin Candle Company with the "essence of citronella." Pictured above is Log Cabin Candle employee Nicole Zelez at the Southwick Store. Advertiser News photo by Kathy Shepard.

ACCGS To Kick Off Season With Chamber Carnival

The Affiliated Chambers of Commerce of Greater Springfield will kick off its 2000-2001 Chamber season on September 6th at 7:15 a.m. with a Chamber Carnival Breakfast Club in the Coliseum on the grounds of the Eastern States Exposition.

Sponsored by the Eastern States Exposition and Sovereign Bank New England, the breakfast will include Chief Greeter Jerry Myers, Director of Agricultural Education for the Eastern States Exposition and will celebrate the past successes of the ACCGS and energize Chamber members for its upcoming season.

As well, Chamber Carnival will revel in the accomplishments of the ACCGS' affiliate Chambers of Agawam, East Longmeadow/Longmeadow, Hampden/Wilbraham, Ludlow, Springfield, and West Springfield and its Women's Partnership division and will salute the incoming boards and board Presidents: Robert F.L. MacDonald, Agawam; Lavada Munoz, East Longmeadow/Longmeadow; Kathryn Selvia, Hampden/Wilbraham; Daniel Geary, Ludlow; Richard Moriarty, Springfield; David Wrona, West Springfield; and Carol Pederzani, Women's Partnership.

According to ACCGS Communications Director Nancy Creed, in its 1999-2000 season, the ACCGS produced over 100 events for six affiliate Chambers in eight cities and towns; advocated on various legislative issues that affect its membership on local, state, and national levels; increased the visibility of the

Chamber and its members; and provided additional marketing exposure for the nearly 2,000 businesses belonging to the Chamber.

"The Breakfast Club saluted over 60 members last year, drawing a total attendance of more than 4,200 business professionals," said Creed. "The After 5 programs afforded over 2,300 attendees the opportunity to network, build relationships and forge strategic partnerships, and the special events recognized nearly 100 Chamber members with a total attendance of close to 2,500."

On the legislative front, Creed said the ACCGS successfully lobbied for the reduction of commercial property taxes in West Springfield and Springfield, successfully blocked the funding of paid parental leave from the Unemployment Insurance Fund, successfully reduced the Unemployment Compensation Tax Rates, and successfully halted the setbacks to the Workers' Compensation reforms the Chamber advocated for in 1991.

"We accomplished a tremendous amount last season," said Creed. "Our members should be proud of their Chamber and excited for what is still to come this season."

Tickets for the Chamber Carnival are \$12 and reservations must be made in writing and in advance. For reservations or information, e-mail Events Coordinator Laurie Brunelle at brunelle@gschamber.org or call the ACCGS at 787-1555.

Our deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m. Thank you for your cooperation in this matter ... AAN!!!

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Sasha ZeBryk To Speak At BNI Meeting

Sasha ZeBryk, Women Business Owners Alliance (WBOA) of Pioneer Valley's Business Woman of the Year 2000 and president of Sasha Speaks Seminars, will address the Holyoke Thursday chapter of Business Network International about *Designing Your Verbal Business Card: Getting Remembered, Recalled and Referred*, on Thursday, August 31st at 7:00 a.m.

The BNI group meets every Thursday at the Pioneer Building in Holyoke at 7:00 a.m., at Aberdeen's Cafeteria. Visitors are welcome and there is no charge to attend this special meeting.

ZeBryk is a professional speaker, trainer and educator. She serves on the board of WBOA, is a member of the Women's Partnership of the Springfield Chamber of Commerce, and founded the Agawam Litarary Club in 1985. ZeBryk's mission is to help people communicate with *purpose, power and passion* - her trademark three P's.

BNI, which has five local chapters, is a networking organization specializing in business referrals among members. Because BNI trains members weekly at meetings, BNI members experience business growth by duplicating their marketing efforts through word-of-mouth. BNI is especially powerful and successful because each chapter has only one member from each profession or business. ZeBryk's upcoming presentation is part of the ongoing training given to each BNI member.

For more information, and to reserve your seat, please call chapter president Jeff Belisle at Applied PC Systems, (413) 739-7390, ext. 44.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA01030.

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- * Under the bed.
- * In dresser drawers and chests.
- * Under or behind the couch (if it's up against a wall).
- * In the washer and dryer.
- * In the clothes hamper (with a lid).

(Note: As a last resort, there's always the trunk of your car.)

Don't panic and hide things in places where buyers are most likely to inspect. These places need to be kept clean, uncluttered, and organized:

- * Bedroom closets.
- * Laundry room.
- * Kitchen drawers.
- * Kitchen pantry.
- * Oven.

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COMMON SENSE with Raymond Rose

The PIONEER Group
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Remember, like so many things in life, there's a right way (and a wrong way) to sell a home. Let me show you how to save time, money, and aggravation in the sale of ANY home...and, as always, please be assured that there are never any fees, pressures, or obligations involved.

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Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

Women And Finances:

Yesterday Vs. Today

It's becoming more and more apparent that "old world" rules no longer apply when it comes to women and finances. From increased earning power to changing roles in family finances, women's positions have evolved. As you think back on just how dramatic the change has been, consider these contrasts:

Yesterday: A woman's place was in the home.

Today: Women are recognized as a significant part of the nation's workforce. In fact, according to the U.S. Bureau of Labor Statistics, in 1998 more than 80 percent of married-couple households included women wage earners. What's more, about three out of four women head-of-households were employed outside the home during this same period.

Yesterday: Men earned more money than women.

Today: A recent study conducted for the National Bureau of Economics reports that about 30 percent of working wives are now paid more than their husbands. The trend is even more pronounced for highly

educated women, where nearly half of females out-earn their spouses.

Yesterday: Men were the financial decision-makers.

Today: In recent years, many women have played increasingly active roles in financial decision-making, especially if they've contributed more income. Because today's women also tend to stay single longer than their mothers and grandmothers and raise children independently, they often find themselves purchasing investments and real estate on their own.

Life expectancy is another contributing factor in today's women making independent financial decisions. Historically, women have lived longer than men, so it's a good bet that they will have to make solo financial decisions at some point in their lives.

Yesterday: Small business owners were primarily men.

Today: Women-owned businesses are increasing in number and earning power. According to the National Foundation of Women Business Owners, women now own 40 percent of all firms in the country. Sales increased in women-owned operations by 436 percent between 1987 and 1999. And if that fact seems surprising, consider that women employ one out of every five U.S. workers today - a total of 27.5 million employees.

Yesterday: Men needed more life insurance than women.

Today: Women are still under-insured as a group compared to men, even though most females say

their incomes are necessary for their families' well-being. Some experts recommend that married couples split their life insurance coverage proportionately to their incomes. For example, a wife who earns 50 percent of the income should have 50 percent of the coverage, with the rest on her husband's life.

Many stay-at-home moms are now electing life insurance coverage, as well. Couples recognize that this protection could help spouses left to raise children alone with the high cost of day care.

Changing paradigms and your financial well-being. As the old rules about women and finances continue to be broken, you can prepare for your role in today's society by:

- * Honing your financial skills by attending workshops and reading personal finance publications.

- * Setting personal and business goals.

- * Creating a financial plan for your future — with and without your partner.

- * Assessing your insurance needs and adjusting your coverage as required.

- * Playing an active role in your family's financial and estate planning matters.

Most important, you'll want to develop a relationship with a trusted financial advisor who can help make sure your financial situation keeps pace with changing times. While the old world rules become distant in our memories, financial opportunities for women are likely to become more and more exciting.

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Consumer Protection

Invasion of Privacy - Credit Report

The plaintiff noticed that his credit reports showed an inquiry by a private investigation firm to which he had no connection. After several unsuccessful efforts to obtain a satisfactory explanation as to why they had accessed his credit report, the plaintiff eventually filed suit in federal court claiming violations of the FCRA, unfair and deceptive practices and invasion of privacy.

The operative provision of the FCRA prohibits obtaining a consumer credit report under false pretenses. Under the standard established by the seminal "q" case, *Hansen v. Morgan*, in the absence of negligence, a report pulled that does not meet one of the seven enumerated permissible purposes defined in the FCRA has been pulled by false pretenses.

Recent amendments to the FCRA have enlarged impermissible access claims to encompass situations where reports are pulled without false pretenses.

During testimony, the defendant, according to the plaintiff, admitted that he fabricated several different stories to explain why he pulled the plaintiff's credit report, but maintained that however the report was generated, it was, at worst, obtained by negligence or mistake.

The plaintiff testified to his concerns that an undisclosed third party had commissioned an illegal investigation of his personal finances with presumably ulterior motives and alleged that the defendant and another

were concealing the identity of whoever was behind the incident.

After two days of testimony before the jury, the defendants agreed to pay the plaintiff \$100,000 to settle his claims. Although the plaintiff did not testify to specific economic damages, the circumstances of the case and the possibility of punitive damages provided for him in the case of willful violations of the FCRA led to the \$100,000 settlement.

Subsequent polling of the jury by the plaintiff's attorneys indicated that the jurors were very troubled by the testimony presented and uniformly felt that a strong signal would have been warranted had the matter been presented to them for determination.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation...

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Points Of Transition...

We all go through transitions that are often not easy to experience. For example, many of us will be putting our children on the school bus in a couple of weeks, perhaps for the first time. Others of you are ready to have the school schedule back in place for you. Perhaps you'll get a little more time to yourself or be able to be at work with a little less stress over child care placement.

Transitions are a big part of life. If we were to stop and begin counting all the transitions we make just in one day or even in one hour, the task could be overwhelming. We are constantly challenged to move from one person or thing to another, often at an unrealistic pace. This pace can lead to feeling over-anxious, stressed out, pressed down upon (depressed) or perhaps under prepared.

Whether your focus is the work, home or relationship context, it is important to slow down enough to face your **points of transition**. Thankfully, not all transitions are "heavy" or serious. Often it is our managing the "little" ones that prepare us well for the "big" ones.

For example, your child stepping on the bus, you and your child can more easily *separate* if you each have already negotiated the transition of separation. For the separation to go as smoothly as possible, it requires feeling comfortable that each knows you'll be *coming back together* after the time away. It requires exchanging information, preparation and practice.

A teacher of mine taught me that *practice does not make perfect. Practice makes permanent!* If you practice incorrectly, you'll perform it incorrectly. Therefore, how you practice relationships will lead to pattern formation and ways of living that can become *set or stuck*.

Relationships take practice! They are never perfect. Nor should they remain stagnate. Healthy relationships are *transitional* by nature. They require movement. They require real work and give and take.

Life offers many opportunities to create ritual to help celebrate and mourn transitions. **Rituals** are an essential part of living into the transitional moment. How you face your transitions can make all the difference in your quality of life, especially with your most important relationships. What are some of the rituals you've used at important transition points in your life?

The complexity of life transitions.

Dan Pender, MA, MFT has a private practice as a Marriage & Family Therapist, specializing in individual, couple and family relationships. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.



AT ULTIMATE HEALTH & FITNESS PRODUCTS (from left to right): former owner James Bowler, new owner Lisa Clark of Agawam, and State Representative Dan Keenan.

Grand Re-Opening Set For August 26th...

Agawam Resident Now Owns Ultimate Health & Fitness Products In West Spfld.

The area's best known and most popular health and fitness products store is taking on a whole new look.

On August 1, 2000, Ultimate Health & Fitness Products, located at 14 Chestnut Street in West Springfield, was officially purchased by Lisa Clark of Agawam. James Bowler has turned over his business of three years to Mrs. Clark to pursue new opportunities in the Boston area.

The general public and all fitness enthusiasts are invited to come to a grand re-opening on Saturday, August 26th, from 10:00 a.m. to 5:00 p.m. Ultimate Health & Fitness Products will open with a new look and great new lower prices. The festivities will include a chance to win free products and prizes, as well as an opportunity to taste the hottest new flavors in protein shakes/bars and healthy snacks.

The store was closed from August 21st to August 25th to prepare for the grand re-opening.

Mrs. Clark is a certified professional with the Athletic Fitness Association of America and has 15

years of experience teaching in the fitness industry. She ran the Boston Marathon in April and is currently training to run the Hartford Marathon in October.

"Ultimate Health & Fitness Products has achieved an outstanding reputation in the community for its commitment to offer affordable health and fitness products. It is my firm intention to continue this tradition of great service, selection, and affordability. Remaining on the forefront of what is happening in this industry will be the key to our success," said Mrs. Clark.

Ultimate Health & Fitness Products is a great source for competitively priced sports supplements, vitamins, and herbs. The store will continue to carry products from EAS, Optimum, MetRx, Muscle Tech, Nature's Best, and many more.

The regular hours of operation are 11:00 a.m. to 7:00 p.m., Monday through Friday, and 12:00 noon to 5:00 p.m. every Saturday.

For more information on products and services, call 781-5502.

Points of Transition...

... when we need some help

Read more about this in today's FOR YOUR HEALTH column.
from

Dan Pender
Marriage & Family Therapist
local private practice (413) 789 - 4460
e-mail address: dpmft449@aol.com

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- ✓Stress
- ✓Headaches

Center for Self-Development



83 Industrial Lane
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413-789-4511

"Buddy Walk 2000" Slated For September 9th

On September 9th (rain date: September 10th), you can be a buddy for a day ... and make a friend for a lifetime.


Local children and adults with Down Syndrome, their friends, families, and tons of buddies will be walking the Third Annual Buddy Walk for Down Syndrome. This walk will help to educate our community about the potential of people with Down Syndrome.

The Town of Agawam, the National Down Syndrome Society, and Western Massachusetts families invite the public to celebrate "National Down Syndrome Awareness Month" by participating in the 2000 annual walk.

Registration starts at 10:00 a.m., with the walk starting at 11:00 a.m. The walk will start and finish at the Agawam High School, and it will be followed by lunch donated and prepared by the Outback Steakhouse (1537 Riverdale Road, West Springfield). Also, "Screech" from the Springfield Falcons will be with us throughout the walk.

The Agawam Buddy Walk is coordinated with the National Down Syndrome Society, and is one of more than 100 Buddy Walks held in cities across the country. To register or for more information, call 786-6393.

So, walk to help educate our community about the potential of people with Down Syndrome on September 9th. You'll be a buddy for a day ... and make a friend for lifetime.



Your Back And Your Health

by
Dr. Joseph S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Numbness In Arms And Hands...

QUESTION: Can a doctor of chiropractic do anything for numbness in the arms and hands? I've been applying heat and even exercising, but it only helps temporarily.

ANSWER: The cause of the problem may not be in your arm/hand at all. It is common to experience numbness and tingling sensations in the fingers or other parts of the upper limbs when a nerve is compressed in the neck. The nerves exit from the spine and then branch into the shoulders, arms, and hands.

This large plexus of nerve fibers is known as the brachial plexus. It provides you with the ability to move your arms (motor function) and the ability to feel temperature and give you your sense of touch (sensory). When these nerves are compressed or pinched, arm and hand problems (including numbness) are likely to follow.

The condition - called vertebral subluxation - describes a problem that is much more common than previously thought. Unfortunately, it is often overlooked. Commonly the alignment of the vertebrae is disturbed so that pinching of nerves may occur. Neck, shoulder, and arm pain or numbness may occur in the weeks and months to follow.

ADVERTISER NEWS

At Mercy Hospital...

Free Seminar For Weigh-Down Workshop

Mercy Hospital will sponsor a free seminar for the Weigh-Down Workshop on Wednesday, September 6th, at 4:00 p.m. in the Rose Garvey Room of the Deliso Conference Center at the hospital. It is designed to introduce people to the 12-week workshop that begins Wednesday, September 20th.

The Weigh-Down Workshop offers a unique approach to losing weight that incorporates videos, audio cassettes, workbooks, and Bible lessons. The emphasis is on weight loss through change in lifestyle and outlook. Prospective attendees are invited to the free September 6th workshop to learn the benefits of this approach.

The fee for the course itself is \$103. This includes all video and audio tapes and workbooks. For further information, contact Linda Pietroniro in Mercy Hospital's Information Technologies Department at 748-9277.

Mercy Hospital is the member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more. The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serves communities in eastern states from Maine to Florida.

IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... ADVERTISER NEWS!!!

A Way of Living

When you give away some of the light from the candle, by lighting another person's candle, there isn't less light because you've given some away-there's more. That works with love, too. And for growth. When everybody grows, there's more of-and for-everybody.

Kaleel Jamison



DR. TAMI NELSON
HAMPDEN COUNTY CHIROPRACTIC
850 SPRINGFIELD STREET
FEEDING HILLS, MA 01030
786-4820



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**Food
For
Thought**
by Nancy Dell
Registered Dietician

Sugar Busters!

With 54 million Americans overweight, it's not surprising that diet books often become best-sellers. "Sugar Busters!" by H. Leighton Steward, Sam S. Andrews, MD, Morrison C. Bethea, MD, and Luis A. Balart, MD, is the first of our three-part series reviewing popular diet books.

Premise/Theory:

Sugar and certain carbohydrates (those with high glycemic indices) are toxic to the body, causing blood sugar levels to rise and increasing the levels of insulin production (thereby prompting fat storage and weight gain). Supposedly, decreasing sugar intake can help people lose weight and decrease body fat, no matter what other foods are eaten.

Dietary Recommendations:

* Eliminates refined and processed carbohydrates, especially sugar and white flour and all foods made from these ingredients. Also eliminates foods like potatoes, corn, white rice, beets, carrots, corn syrup, molasses, honey, soft drinks, and beer.

* Encourages consumption of whole grains, low-glycemic-index carbohydrates (high-fiber vegetables

and fruits), and lean meats with no restrictions on protein foods.

* Authors claim that washing food down with liquid does not allow for proper chewing. Claims excess liquid with meals also dilutes digestive juices and can result in partially digested food.

* Average intake of calories is 1,200 calories/day distributed as 30 percent carbohydrate, 32 percent protein, and 28 percent fat. Recommended calorie intake in this diet is low, accounting for short-term weight loss.

Concerns:

* There is no scientific basis or published data for the "Sugar Busters!" weight loss theory. The explanation of insulin's role in weight gain that is provided is simplistic. The body does produce insulin in response to a rise in blood sugar levels, but it does *not* promote storage of fat unless excess calories are consumed.

* There is no scientific evidence supporting the claim that the consumption of fluids during meals negatively affects digestion.

* Diet is low in some vitamins and minerals, including calcium, vitamin A, and fiber.

(Next time: We review the Atkin's Diet.)

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield Street, Suite 4, Feeding Hills, MA, (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

"Freedom From Smoking" At Baystate Medical

Baystate Medical Center will offer "Freedom From Smoking," a six-session program beginning September 11th, for people who want to end their addiction to cigarettes.

Participants in the program, which was developed by the American Lung Association, will:

- * Learn to understand their habit,
- * Get the tools for preparation and lay the ground for success, and
- * Learn strategies for staying off cigarettes.

Meetings will be held beginning at 6:00 p.m. at 3300 Main Street, second floor, Suite 2A in Baystate Medical Center's outpatient care facility.

The cost is \$50. For more information, or to register, call The Professionals at 794-2255, or outside the Springfield area at 1-800-377-HEALTH.

* * *

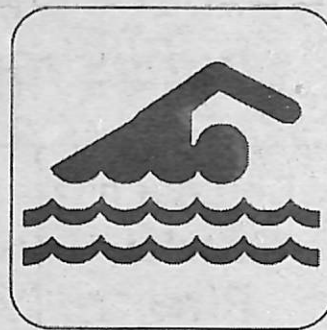
For photo coverage in
The AAN, call 786-7747 or
786-8137; however, please
give us at least 72 hours'
notice prior to your event.

Thank you for your
cooperation in this matter...

* * *



Fitness First



Children's Pool Program Registration!

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**Member Registration:
Tuesday, August 29th, 9am-Noon**

**Non-Member Open House Registration:
Wednesday, August 30th, 9am-Noon**

Space is limited, **DON'T WAIT!**
Payment in full at time of registration.

❖ 60 North Westfield Street ❖ Feeding Hills, MA 01030 ❖ 413.786.1460 ❖
❖ For detailed information, go to: www.fitnessfirstthehealthclub.com ❖

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Feeding Hills Center

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Through
August
31st



AUGUST WINE SPECIALS

Almaden (5 Ltr. Box) <i>High Tier</i> Merlot, Chardonnay, Cabernet \$10.99 <i>Middle Tier</i> Burgundy, White Zinfandel \$9.99 <i>Low Tier</i> Golden Chablis, Rhine, Mt. Chablis, Fresco Red, Blush, White Grenache \$7.99	Sutter Home <i>White Zinfandel</i> (1.5 Ltr.) \$6.99 <i>Cabernet, Merlot, Chardonnay</i> (1.5 Ltr.) \$8.99	Blossom Hill <i>White Zinfandel</i> (1.5 Ltr.) \$4.99 <i>Cabernet, Merlot, Chardonnay</i> (1.5 Ltr.) \$6.99	Arbor Mist (1.5 Ltr.) <i>Peach Chardonnay, Tropical Fruits Chardonnay, Exotic Fruits White Zinfandel, Blackberry Merlot, Strawberry White Zinfandel, Sangria White Zinfandel</i> \$5.99	Schmitt Sohne Liebfraumilch (750 ml.) \$3.99	Schmitt Sohne Adelberg Kabinett (750 ml.) \$5.99	
De Loach Russian River Chardonnay (750 ml.) \$12.99	<i>* Australian Sale *</i> Rosemount <i>Shiraz Cabernet, Cabernet, Merlot</i> (750 ml.) \$6.99 <i>Chardonnay</i> (750 ml.) \$7.99 <i>Shiraz, Cabernet, Merlot</i> (750 ml.) \$8.99	Seagram's Coolers (4-Pk.) \$2.99 <i>All Flavors</i>	Bacardi Breezers (4-Pk.) \$3.49 <i>All Flavors</i>	Bolla (1.5 Ltr.) <i>Merlot, Bardolino, Chardonnay, Cabernet Savignon</i> \$9.99	Alisa (1.5 Ltr.) \$7.99	Vino Casata (4 Ltr. Glass) \$6.99 <i>All Flavors</i>

AUGUST LIQUOR SPECIALS

Lord Calvert Canadian (1.75 Ltr.) \$12.99	Fleischmann Whiskey (1.75 Ltr.) \$11.99	Fris Vodka (1.75 Ltr.) \$19.99	Johnny Walker Red (1.75 Ltr.) \$30.99	Cluny Scotch (1.75 Ltr.) \$12.99	Christian Bros. Brandy (1.75 Ltr.) \$16.99	Cossack Vodka (1.75 Ltr.) \$10.49
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AUGUST BEER SPECIALS

Heineken (Loose Bottles) \$19.99	Coors & Coors Light (30 Cans) \$16.99	Keystone Light (30 Cans) \$11.99	Zima Citrus (6-Pk. Bottles) \$4.99	Harpoon (12-Pk. Bottles) \$10.99	Corona Extra (12-Pk. Bottles) \$9.99	Sam Adams (12-Pk. Bottles) \$10.99
Molson (12-Pk. Bottles) \$8.99	Pete's (12-Pk. Bottles) \$9.99	J.W. Dundee Honey Brown (Bottles) \$7.39	Pilsner Urquell (12-Pk. Bottles) \$10.99	Magic Hat #9 (9-Pk. Bottles) \$7.99	Michelob & Michelob Light (12-Pk. Bottles) \$8.99	"Doc" Otis Hard Lemonade (12-Pk. Bottles) \$8.99

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Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Back-To-School Time

This article is about children going back to school. I've heard from several parents commenting about their children's backs hurting after returning to school. After a summer of running, playing, sitting, and standing wherever and whenever, now kids are expected to sit in uncomfortable seats for an extended period of time.

This sitting compresses the joints in the back. To compound this situation, the kids are carrying backpacks with three, four, or more books at a time. This further compresses the region. It's no wonder the children are uncomfortable. And you know how difficult it is to concentrate and focus when you're in discomfort.

There are several things your child may do to decrease the pressure. One is to wear the backpack in the middle of the back over both shoulders - this balances the weight, as opposed to carrying all of the weight on one shoulder. Next, try to keep the weight of the bag as light as possible. Utilize the lockers in the school often to store extra books instead of carrying them all day.

The American Chiropractic Association has sponsored a new backpack that has ergonomically designed shoulder straps, a rack system that evenly distributes the weight of school books. Come in and try one!

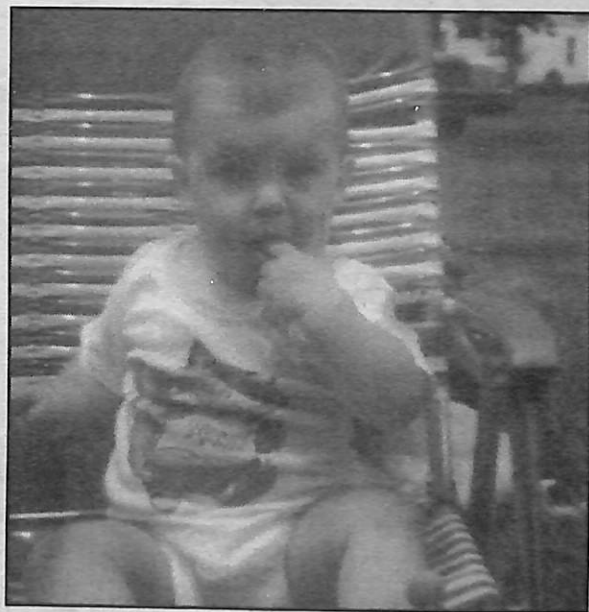
After sitting, stretch your back leaning forward and backward to loosen the tight muscles. A nice stretch to open up the joints in the back is to hang from the jungle gym bars for a few minutes. This provides a gentle stretch to that region. During the day, try to keep your spine straight; avoid slouching or slumping.

These gentle stretches and suggestions can help decrease the amount of discomfort associated with carrying a backpack. If your child still complains of pain, it would be wise to get them checked out by a chiropractor.

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Best local news...

Happy 18th Bruce



Love, Mom, Ron, Norm
& Ronnie
We Love You.

Alzheimer's Support Group Available

The Atrium, located at 153 Cardinal Drive, Agawam, offers free monthly support groups for individuals caring for a loved one with Alzheimer's disease or a similar memory disorder.

On the first Tuesday of every month, The Atrium is the site for a support group meeting starting at 6:00 p.m. A light supper is included.

On the third Wednesday of every month, an afternoon support group is held at the Chicopee Senior Center, beginning at 3:30 p.m.

If you would like further information, please contact Judy Pothul at The Atrium, 821-9911.

"Living With Asthma" Seminar

Baystate Medical Center will offer a free seminar on "Living with Asthma: Do You Have a Plan?" on Thursday, August 31st, from 6:00-7:00 p.m. in Suite 2A at its 3300 Main Street outpatient care facility in Springfield.

Discussion during the free seminar will focus on medications and when to use them, what triggers asthma, when to call your doctor and when to visit your local Emergency Department, and many other topics.

Registration is required by calling The Professionals at 794-2255 or outside the Springfield calling area at 1-800-377-HEALTH.

Richard Stepanik Farms 1033 Shoemaker Lane, Feeding Hills NOW PICKING OUR OWN NATIVE CORN

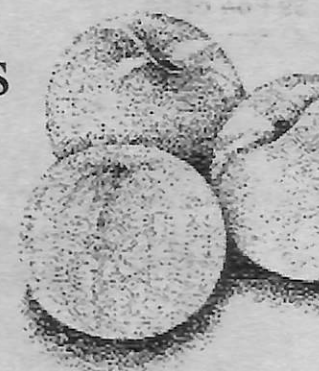


NATIVE VEGETABLES

Squash
Pickles
Cukes
Cabbage
Lettuce
Beans
Peas

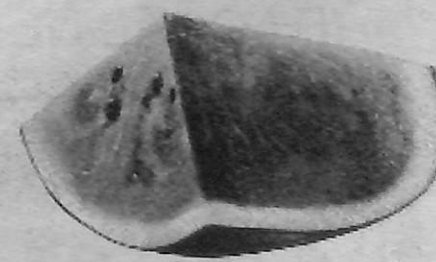
FULL LINE OF FRUITS

Peaches
Plums
Nectarines
Oranges
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Apples
Grapes
& More



Onions
Potatoes
Garlic

ICE COLD WATERMELON



ICE
\$1.00 A Bag

VISA, MasterCard
Accepted

Native Hothouse

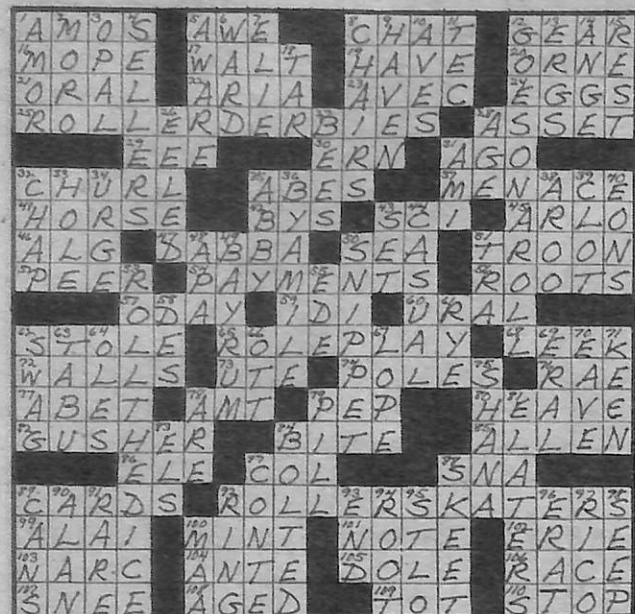


Tomatoes
Peppers

OPEN EVERY DAY



Last Week's Solution...



ACROSS

- 1 U.S.A.'s "Uncle"
- 4 Ian Fleming's agent
- 9 See 4A
- 13 Hoof beat
- 15 Soap plant
- 16 Out of the wind at sea
- 17 Canadian province (abbr.)
- 18 Having legal force
- 19 Actor Ames
- 20 Two portrayals of 4A
- 23 Journey
- 24 Compass heading
- 25 World _
- 29 Part of E.A.P.
- 34 Fuss
- 37 Sunrise locale
- 38 Patriot Thomas
- 39 Foe of 4A
- 41 Squash for one
- 44 Another 39A
- 45 Palmer with an army
- 47 _ Irae
- 49 Dawn goddess
- 50 Takes it easy
- 51 Drives out
- 53 Observe
- 55 Lotion ingredient
- 58 Two of 4A's support team
- 65 Domesticated
- 66 Scary
- 67 Move about
- 68 Actor Richard
- 69 Water birds
- 70 Western star Tim
- 71 In _ straits
- 72 Frozen rain
- 73 Footlike structure

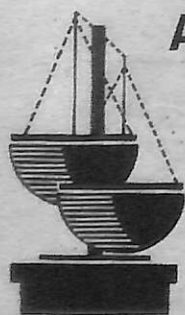
DOWN

- 1 Cheat in a way
- 2 Divide up
- 3 Type of home
- 4 Coffee (slang)
- 5 " _ For All Seasons"
- 6 Fashion
- 7 Slurs over in speech
- 8 Family car often
- 9 Riga man
- 10 Dairy case item
- 11 Advertiser's light
- 12 Lair
- 14 "The City of Lights"
- 21 Dueler's weapon
- 22 Look before you _
- 26 Scrap for cleaning
- 27 Prefix for bar
- 28 Chopin study
- 30 Stripling
- 31 Coin in Roma
- 32 Year (Latin)
- 33 Modernists
- 34 Agape (as a door)
- 35 Take a chance
- 36 Possesses
- 40 Pose
- 42 Tear apart
- 43 Actress Ruby
- 46 Existence (Lat.)
- 48 Do in
- 51 Revoke
- 52 Hockey infraction
- 54 Oglers
- 56 " _ of Old Smoky"
- 57 Roman magistrate
- 58 The Wise Men
- 59 General Bradley
- 60 Hawaiian goose
- 61 Sandusky's Lake
- 62 Cleo's river
- 63 Type of egg
- 64 Quarts (abbr.)
- 65 Actor Danson

ALL THE LOCAL NEWS!

David A. Ladizki

Attorney At Law

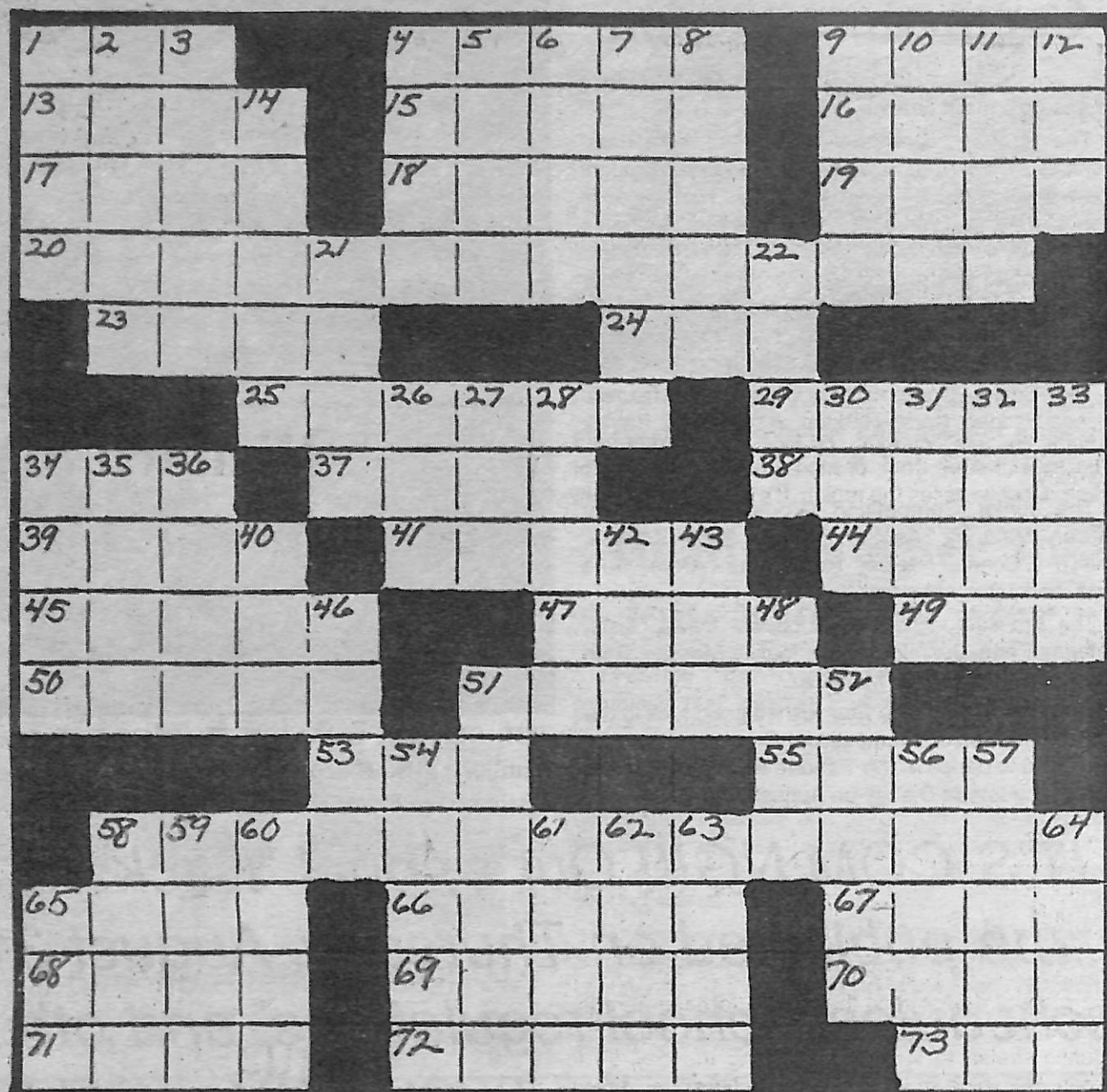


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Meet The Master - by Dick Mastroianni...



Big E Advance Tickets & Passes On Sale Now At Box Office And Stop & Shop Supermarkets

Attendees of Big E 2000, which takes place Sept. 15 - Oct. 1st in West Springfield, can save \$2 by purchasing discount advance adult admission tickets. Advance tickets are on sale now at The Big E Box Office in the Coliseum and, beginning August 20th, will be on sale at all Stop & Shop supermarkets. Admission in advance is just \$10 and tickets must be purchased by Sept. 9th.

In addition, Advance Midway Vouchers will be sold for \$13. The Voucher will be good for a bracelet that entitles the wearer to free midway rides Monday-Thursday, or for 36 individual ride tickets for use any day.

Following its successful introduction last year, The Big E is offering the 17-day Value Pass, which provides admission to The Big E all 17 days of the fair for

one low price. The Value Pass is \$34.95 for adults and \$22.95 for children ages six-12, which represents a \$169 savings off the regular adult admission price of \$12 per day and a \$113 savings off the regular children's admission of \$8 per day.

Special discounts with the Value Pass include 10 percent discount on all Big E souvenirs, selected purchases in the Storowton Village Gift Shop during the fair, and membership in the Biggie Club.

The passes are on sale now at The Big E Box Office and exclusively at AAA Travel Stores in West Springfield, Springfield, and Hadley. Value Passes and discount tickets are also available by calling 1-800-334-2443 and through our web site at www.the-big-e.com. Deadline for all purchases is September 9th.



Appleberry Farm

1576 North Stone Street
West Suffield, CT. 06093

(860) 668-7252

Apples, Peaches, Pears

Call for Pick-Your-Own availability

Salesroom opening for Labor Day weekend
Fresh apple cider, fodge, Granville cheese, maple syrup, squash, pumpkins

(Take a right onto Barry Street from South West Street in Feeding Hills and you'll run right into us!)

Shooting Star Dance Teams Enjoy A Great Competitive Season

Congratulations to all the Competition Dance Teams on a great season.

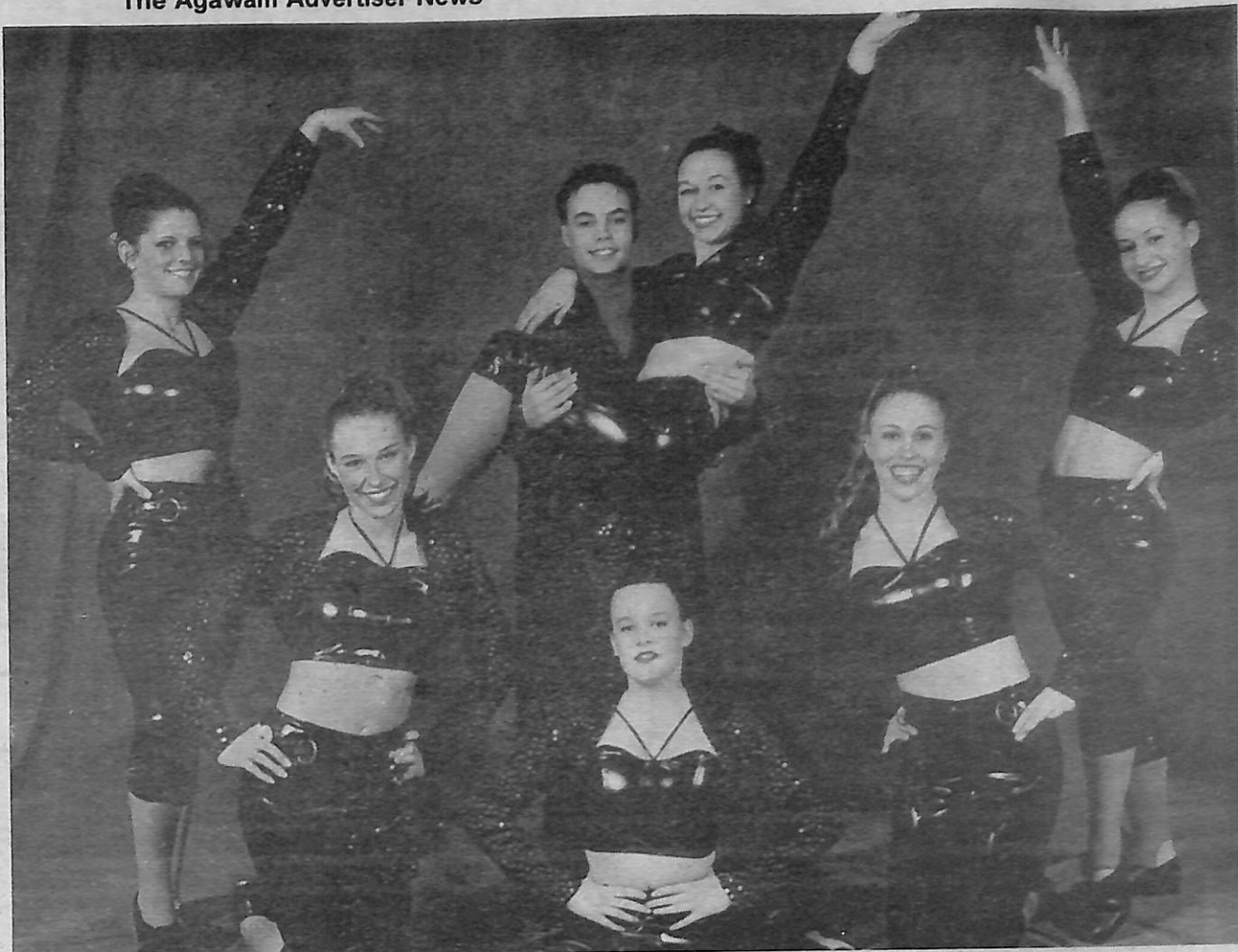
The groups competed in "Pick the Stars" Competition on April 30th in Springfield and brought home Silver and Gold Awards. They also competed in their final competition of the season at the "American Dance Awards" from May 11th-14th at the Springfield Civic Center. The groups also brought home Silver and Gold Awards, and the Junior Competition Group won the first-place high score in its category. A great job was done by all the soloists at both competitions.

The Senior Competition Group is as follows: Brenda Hadden, Karen Hadden, Jessica Roy, Patrick LaFleur, Candace Flaherty, Michelle Cote, and Erinn Gormley.

The Junior Competition Group is as follows: Lauren Maloney, Ashley Fink, Jessica Kodess, Kaitlyn O'Connell, Kelsey Reed, Laura Cote, Sara Cote, and Tiffany Moran.

The Pre-Competition is as follows: David Glista, Katarina Porth, Jennifer Lough, Makila Messier, Beth Hayden, and Julie-Ann Montalvo.

Everyone at Shooting Star wished good luck to the Junior and Senior Competition Groups who were scheduled to dance at the Tomorrowland Stage in the Magic Kingdom at Disney on August 19th.



THE SENIOR COMPETITION GROUP from Shooting Star Dance Center performing the number "One Bad Stud." Back row: Candace Flaherty, Patrick LaFleur, Michelle Cote, and Jessica Roy. Front row: Karen Hadden, Erinn Gormley, and Brenda Hadden.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...
ADVERTISER NEWS!!!

Drs. Joseph M. & Katherine S. Schlaffer



Schlaffer Chiropractic

- Complete Family Chiropractic Care
- X-Ray Facility With Low Exposure Rare Earth System
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- Worker's Compensation, Auto Accident, City of Springfield and Western Mass Preferred Plus, Health New England, Consolidated Health Plan, Connecticut And Massachusetts Blue Cross/Blue Shield And Other Insurances Accepted
- Evenings And Saturday Appointments Available

192 Shoemaker Lane
Agawam



TOWN of AGAWAM
SISTER CITY COMMISSION

42 days.

Although the Sister City Commission is an official, permanent town commission and its members appointed by the mayor, it is not currently funded by the town. We are accepting donations of any amount to help fund the October visit by the Italian delegation from our Sister City Reggio Calabria. Please make checks payable to: "Town of Agawam Sister City Commission" and send directly to Sister City Commission treasurer Sylvia Deliso at 971 River Road, Agawam, Massachusetts 01001.



Six days of Reggio
October 4-9, 2000

Grazie per tuo interesse.

"The Food Dude"

by John Walters
WHYN AM 560



Grapes And Raisins...

This week, let's tackle raisins. I like the taste of grapes - red, green, and purple. I don't mind the seeds; just spit them out and go on from there.

Grapes have long been one of mankind's friends. Wine - now there is a noble use of the grape! Here is a quote from a Persian poem written by Omar Khayyam: "And lately, by the tavern door agape, Came stealing through the dusk an angel shape, Bearing a vessel on his shoulder, and he bid me taste of it, and t'was the grape."

It is said that the first thing Noah did when coming out of the ark after the deluge, he planted a grape vine.

Wine grapes are different from eating varieties. The skins are much tougher and the sugar contents are different. A winning question from Trivial Pursuit: "How does wine get its color?" Not from the meat of the fruit, but from the skins. If you took the skins away from a deep purple grape and crushed the fruit, the juice would be clear.

Now, to those pesky raisins. My younger brother could sit and eat an entire box of Sunmaid raisins. The Imam of Persia, the Ayatollah Khomeini, was said to have lived on rice and raisin cakes while waiting to return from exile in Paris. Tough exile, huh? I guess all comes to he who eats his raisins.

If you had an apple and you set it out in the sun and it got all brown and wrinkly, you would throw it in the

trash. If you had a peach and again set it out, the result would be the same. Even a banana would end up in the garbage.

But, a perfect, beautiful grape that never hurt anybody is dried out. Changed forever and not for the better (in my estimation). To be used to keep me from eating bran flakes in all the brand names. Ruin oatmeal cookies. Well, I really don't want any oatmeal cookies. Rice pudding and bread puddings are sabotaged as well.

The noble grape is changed to the raisin!

You will find it being used in the most insidious ways. Look at the ingredients on a bottle of A-1 sauce. Raisins!

Chutneys - again, the raisin. Ham - they try to add raisin sauce. Who are these evil masterminds?

Well, I may not enjoy nature's candy, but you can see that there are endless ways to use these sweet little treats made from the noble grape. They can be used in most dishes sweet and savory. Try adding them to a dish and see how it turns out. If they don't seem to accommodate, well, then try a different concoction.

Why, once you put the whiskey sauce on your bread pudding, you will hardly taste them.

By the way, let's not forget raisin bread. If the dark raisins set you off, try the golden raisin; it's a little more forgiving in the flavor department.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Blue Seal brand kielbasa and quality tableready meat is his sponsor.)



FROM LEFT TO RIGHT: Heather Fortier; a tap teacher from Dance Educators of America teachers' training school; and Lynn Hadden-Quinn.

Heather Fortier To Join Shooting Star

Shooting Star Dance Center is happy to announce that Heather Fortier will be joining our teaching staff.

Heather was under the direction of Carol Ann Boardway for many years. She continued to pursue dance and theatrical arts at the University of New Hampshire and also has just completed her second year at the Dance Educators of America teachers' training school.

Heather has competed in many dance competitions nationwide and is very active in the dance community. She also took part in the Frank Hatchett Showcase. We are very excited to have Heather aboard our teaching staff this year!!

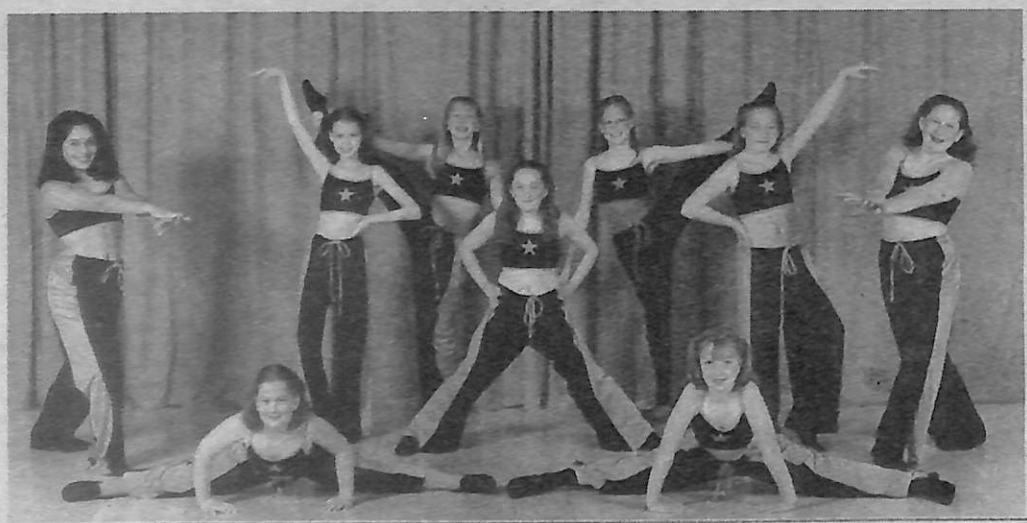
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Motown Band "Souled Out" To Close Series

Area favorites "Souled Out" will provide the season finale on Wednesday, August 30th for the town's entertainment series. The singing and dancing Motown review will feature synchronized dance moves, costume changes, and all the great music from Motown's heyday, including the Coasters, the Drifters, and the Temptations.

According to Mike Grandfield, chairman of the Agawam Cultural Council, the summer series has been a huge success with attendance increasing to the point where it is most likely the largest festival of its kind in Western Massachusetts. Concert fans come to Agawam from near and far; recently, the DiMartino family of Schenectady, New York made the two-hour drive so that they could attend a show. Other attendees have been from throughout the Northeast.

"Souled Out" is sponsored by Westfield Bank. The free, summer-long series is sponsored by the Agawam Cultural Council and Agawam Rotary Club. For additional information, call 789-7393 or on the web at www.agawamcc.org.

Polish Club's Women's Auxiliary To Hold Flea Market

The Women's Auxiliary of the Polish-American Club of Agawam will be conducting a flea market on October 7th in the pavilion area (139 Southwick Street, Feeding Hills). A space may be obtained for \$15.

Refreshments will be available during the sale. For information or an application, call Mary, 786-4057, or Helen, 786-6050.

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Happy 1st Birthday Stone Alexander Mitchell




Love,
Mom, Dad
& Big Brother Brandon



THE MEMBERS OF THE BAND "SOULED OUT," which will conclude Agawam's summer entertainment series with a performance on Wednesday, August 30th. "Souled Out" is being sponsored by Westfield Bank.


Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.



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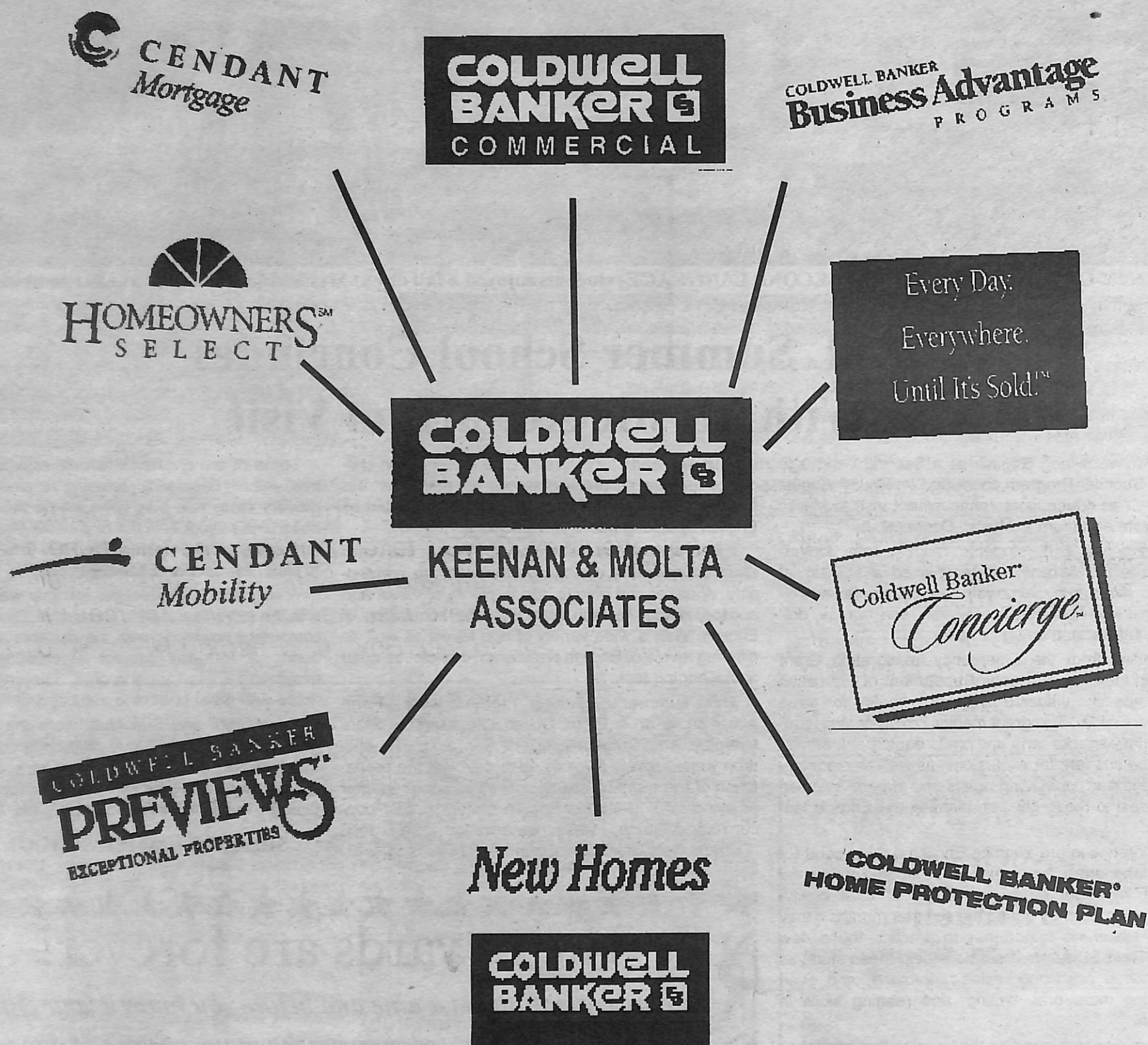
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Back-To-School News From Agawam High School

Guidance counselors will be available on August 28th, 29th, 30th, or 31st from 8:00 a.m. to 2:00 p.m. to enroll new students. New students will sign-in with a guidance office secretary and will be helped on a first-come, first-serve basis for proper registration. If you have any questions on new enrollments, call the guidance office at 821-0527.

Guidance counselors will not be changing student schedules during the week of August 28, 2000. Counselors will address this issue the first week of school.

During the first week of school, teachers will be giving students class expectation handouts. Students will be instructed to take the handout home to be read and signed by both the student and parent/guardian. The signed expectation sheet will then be returned to the appropriate teacher. If a parent/guardian would like a copy of the class expectations, let the teacher know on the class expectation handout that is to be returned.

All students are encouraged to purchase locks. Remember that it is the student's responsibility to protect personal and school items to the best of his/her ability. The administration will not be held responsible for material stolen from a locker. Also, sharing of lockers is prohibited. When this occurs, problems of theft result.

Just in case it slipped your mind, the high school starts promptly at 7:25 a.m. It is imperative that you leave home early since excessive tardiness to school will result in disciplinary action.

AGAWAM HIGH SCHOOL SCHEDULE DISTRIBUTION

Your 2000-2001 school schedule will be given to you on Tuesday, September 5, 2000, the first day of school. Student schedules will be available at the following school locations:

SENIORS - GYM
JUNIORS - CAFETERIA
SOPHOMORES - ROTUNDA AREA
FRESHMEN - AUDITORIUM

Ag. Junior High To Hold Orientation Night, Aug. 31st

In an effort to welcome and familiarize incoming seventh grade students with their new school, the Agawam Junior High School will conduct a "Seventh Grade Orientation Night" on Thursday, August 31st, at 7:00 p.m. in the Junior High auditorium.

At that time, students and parents will have the opportunity to tour the building and to acquaint themselves with school policies and programs as reviewed by school Principal Kevin C. Littlefield and Assistant Principal Marc V. Costanzi.

To make it easier for seventh-graders on opening day, signs stating teachers' names and room numbers will be placed throughout the building, and additional teachers will be assigned to homerooms to help with lockers and class schedules.

Both seventh and eighth grade students will attend opening day classes on Tuesday, September 5th.

ESL SUMMER SCHOOL - from Page 36

sions, while Fridays were full-day excursions enjoyed by all.

The students and the teachers would like to thank Sharon Wheeler, Andy Mutti, and Dina Ciarmatori for volunteering to chaperone the trip to Mieg's Point Nature Center and Hammonasset State Beach. Great big thank-yous also go out to Gene Mutti for accompanying the group as a volunteer chaperone on the Gran-Val Scoop and Dairy Farm trip, as well as the full day at Mystic Aquarium. We appreciate your time and your full participation!

Stefanie Goyette Spends Six Weeks At Cornell University This Summer

Stefanie Goyette, a rising senior at the MacDuffie School, spent six weeks of her summer studying at Cornell University in Ithaca, New York.

She is from Feeding Hills and is the daughter of Rosemarie Goyette and granddaughter of Alice Goyette, both of Feeding Hills.

Stefanie attended Cornell's Summer College for High School Students on a full scholarship that included tuition, room and board, books, and travel costs. She attended Cornell with 500 other high school students from 32 states and 29 countries.

Stefanie's studies this summer included classes on comparative literature, art history, and an exploration in the arts and humanities. She will earn college credit for these classes and is looking forward to seeing friends she made during the summer at college in the fall of 2001.

Stefanie enjoyed Cornell and the Ithaca area immensely, and had high praise for her professors and the others in the program. She did say that all the exercise walking the hills in the Ithaca area should help prepare her for the field hockey season this fall.

IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... **ADVERTISER NEWS!!!**



Mary Ann

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Charlie D. Roberts Named To Dean's List At Curry College

David Fedo, Dean of Academic Affairs at Curry College in Milton, MA, is pleased to announce that Charlie Douglas Roberts of Feeding Hills attained membership to the college's Dean's List for the spring 2000 term.

To qualify for the Dean's List at Curry College, a full-time student must carry 12 or more credits, earn a 3.30 G.P.A., and have no grade lower than a "C" for the semester.

Curry College is a co-educational, four-year, liberal arts institution that offers 16 undergraduate majors, as well as graduate degrees in education and criminal justice.

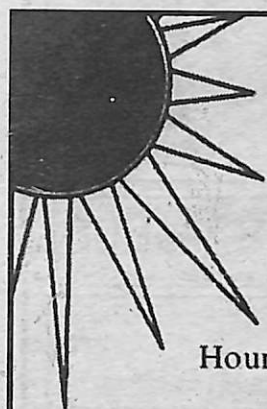
St. Thomas School To Open On Sept. 6th For 2000-2001 Year

St. Thomas the Apostle School will open for the 2000-2001 school year on Wednesday, September 6th. School hours are 7:35 a.m. to 1:45 p.m.

The students will attend 9:00 a.m. Mass in St. Thomas Church to officially commence the new year. All are welcome. Parents should consult *The West Springfield Record* for the appropriate bus stops and times.

The After School/Extended Care Program will begin on the first day of school, September 6th. Lunches will also be served from the first day. Applications for free and reduced lunch will be available at the school.

IT'S COMING!!! Our annual
"Back To School" edition will be
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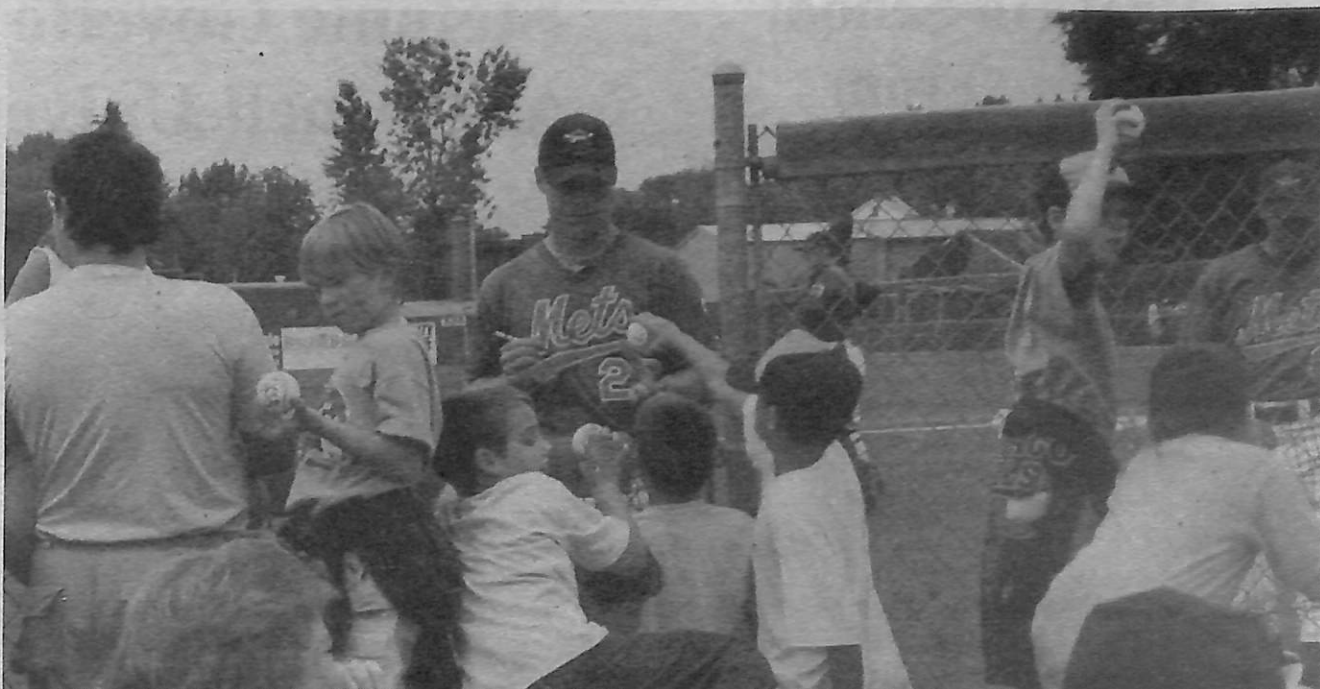
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BEAR JACOB FERREIRA CHECKS OUT the signature of Pittsfield Mets pitcher Steve Bennett during a Pack 77 outing to a Mets baseball game. Second baseman Joel Zaragosa was also on the sidelines to give signatures.

Pack 77 Cub Scouts Enjoy Pittsfield Mets Game

On Saturday, July 29th, Pack 77 Cub Scouts headed to Wahconah Park to watch the Pittsfield Mets take on the Queens Kings. An annual summer event, the scouts and their families enjoyed an evening of baseball fun.

Starting with a hamburg/hot dog meal in the grove, the Scouts had a chance to meet one of the players. Moving to the sitting area along the third base line, the Scouts continued to collect players' signatures on the baseballs provided by the Pack. Families either remained here or moved up to the stadium to watch the game.

The evening fun included Brett Barker throwing out one of the first pitches; Nick Abraham and Stephen Liptak competing in a double shoesled race between innings; Alex Cummings catching two foul balls; and Josh Blood helping the Queens Kings get into their locked locker room by being boosted through an open window.

The Scouts will miss the Pittsfield Mets when they move closer to their New York Mets affiliate, but the Pack keeps the summer active with events all summer long. Summer 2000 included a Pack picnic at Perry Lane and a weekend of family camping at Barton's Cove.

Leaders have already met for the planning of this year's scout calendar, starting with the open house/registration night at St. John's hall on Wednesday, September 13th. Leaders and Scouts from all levels will be available to answer questions about the pack and sign up interested boys (grades one through five).

Our first Pack meeting will be Wednesday, October 4th, and our fall bottle drive is scheduled for Saturday, October 7th. If you have any questions about the Pack, please call Ed (789-3587), Kathy (789-1377), or Bob (786-0749).

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AHS Class Of 1950 Plans Reunion Weekend

It's the Agawam High School Class of 1950 Reunion Committee. We are getting down to the nitty gritty—your reservations!

The plans for the weekend event include:

Friday, Oct. 6th: 3:00 p.m., Tour of "Our High School," 100 Main St., Agawam; 4:30 p.m., Cocktail Hour with hors d'oeuvres at Alexander's Restaurant, 60 North Westfield St., Feeding Hills (Dinner and drinks on your own if you so desire.)

Saturday, Oct. 7th: 12:15 p.m., Cruise on the Connecticut River aboard "The Tinkerbell," leaving from Riverfront Park, Springfield (\$9 per person, payable at the time of the cruise); 6:00 p.m., 50th Reunion Social Hour, Crestview Country Club, Shoemaker Lane, Agawam; 7:00 p.m., Dinner (choice of prime rib, \$42 per person; chicken or scrod, \$40 per person).

Thank you to all who have filled out and returned your personal biography sheets. If you haven't yet, please do it **as soon as possible**.

For reservations, mail your check to Thelma Coughlin, 17 Tower Terrace, Agawam, MA 01001. Please indicate which events you will be attending (School Visit, Alexander's, Tinkerbell Cruise, Crestview) and how many in your party, in addition to your dinner choice(s).

For more information, call John Mercadante at 786-4114 or e-mail at jmarymerc@aol.com.

AHS Band To Sponsor Car Wash, Aug. 26th

The Agawam High School band will host a car wash on Saturday, August 26th from 10:00 a.m.-3:00 p.m. at the Agawam Middle School on Main Street.

For more information, please call Michael Federico (786-8948), Pam Sherry (789-1959), Christina Climo (789-2154), or Danielle Sienkiewicz (789-2702).

- ADVERTISER NEWS -

Happy 45th Birthday Debbie



Dan, Sudsy, Ashley, &
Your Friends At P.A.C.



MEMBERS OF BOY SCOUT TROOP 75 and Cub Scout Pack 75 joined together and marched in the 2000 Memorial Day Parade. Both groups are sponsored by Sacred Heart Church in Feeding Hills.

Cub Pack 75 Conducting Sign-Ups

Sacred Heart Church in Feeding Hills sponsors Cub Pack 75, starting with first-grade Tiger Cubs and then progressing to second-grade Wolves, third-grade Bears, fourth-grade (first year) Webelos, and fifth-grade (second-year) Webelos. The highest award a Cub Scout can earn is the Arrow of Light.

Now that summer is almost over, it's time to think about your son joining the Cub Scouts.

First of all, we would like to let you know that you can sign your son up with Pack 75 regardless of where you live. In the past, some packs have told parents they had to join the Pack where they live or because the school is in the area.

The deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m.

Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

This is not true. You can join any Pack you want, even if it's out of town. This is a fact, so don't let anyone tell you anything different. You do not have to be a member of the church, either, to join.

We also accept boys to join all year. We do not stop after registration is over.

So if you're thinking about signing him up, give us a call. We will be glad to talk with you.

For more information, please call 786-2309. If you get the answering machine, please leave a message along with your phone number, the date, and time. We will get back to you as soon as possible.

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AHS's Class Of 1980 Prepares For 20th Reunion

Plans for the 20th reunion celebration for Agawam High School's class of 1980 are underway. A fall 2000 gathering is planned for 1980 graduates to get reacquainted with their fellow classmates at AHS - see some old friends and make a few new ones!

Details will follow by mail, but current address information is needed. If you graduated from Agawam High School in 1980 (or know someone who did), please contact us with current stats (names, addresses, etc.) by mail at P.O. Box 341, Agawam, MA 01001; by e-mail at msuttondrake@ivillage.com; or by contacting any of the following - Lisa (Capitiano) Maggi, Maria (Sutton) Drake, or Fred Withee.

Park & Rec Announces Perry Lane Nursery School Openings

The Town of Agawam Parks & Recreation Dept. Perry Lane Nursery School has openings for the 2000-2001 school year.

Children who are age three by October 1st are eligible for the two-day-a-week program for \$60 per month. Children who are age four by October 1st are eligible for the three-day-a-week program for \$75 per month.

Anyone interested in enrolling for the Nursery School should call 821-0514 for more information or stop into the Recreation Office located behind the Agawam High School at 760 Cooper St.

"Going Batty" At Perry Lane Camp



PERRY LANE SUMMER CAMPERS (from left) Robin Paul, Danielle Robichaud, Nicholas Vershon (with bat), Devin Williams, Chris Carty, and Becky Lewin (with bat) were going batty over the great summer they enjoyed at Perry Lane Summer Camp sponsored by the Town of Agawam. (Related photos on front page). Advertiser News photo by Kathy Shepard.

The deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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- * Former Jr. Miss Acrobat of the U.S.
- * Award winning choreographer

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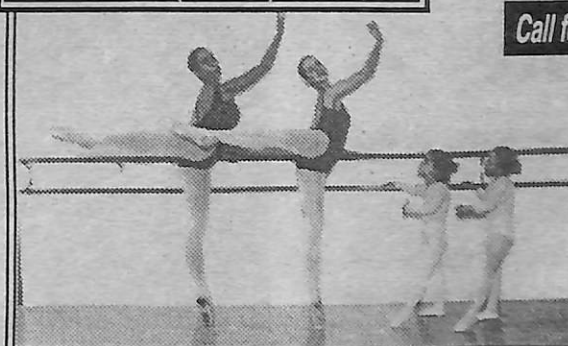
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~Ms. Baldyga is an alumna/graduate of Boston Conservatory, The Julliard School and an alumna/faculty member of Jacob's Pillow. Her students from Dance Arts have been accepted to the following programs: Jacob's Pillow Dance Festival, San Francisco Ballet, Pacific Northwest Ballet, Walnut Hill, Burkllyn Ballet, Boston Ballet, Hartford Ballet, Richmond Ballet, Washington Ballet, Berkshire Ballet, Pioneer Valley Ballet, State University of New York, Purchase and University of the Arts. Additionally, her students from Dance Arts have been featured on national broadcasts of Good Morning America.



Sports

For AHS Hockey...

Malanson Honored As All-Time Scoring Champ

by Dave Rollins
Sports Editor

As our thoughts begin to turn back to the school year, the Agawam High athletes once again begin to take center stage.

One of them was honored in June during a small ceremony in front of the trophy case up at AHS - hockey player Jason Malanson.

While Malanson won't be back when school starts because he graduated, he will be remembered as the highest-scoring player in Agawam hockey history, surpassing the former champ, Ricky Parolo.

In Malanson's four years as a starter for the Brownies (from 1996 to 2000), he scored 140 points: 40 as a freshman, 42 as a sophomore, 23 in his junior year, and 35 as a senior. His point production probably would have been even higher, but he missed five games in 1998 and four last season because of injuries.

SEE MALANSON - Page 42



JASON MALANSON (CENTER), the highest scoring hockey player in AHS history, with former Athletic Director Kathleen McSweeney and varsity hockey Coach John Cirelli. Advertiser News photo by Dave Rollins.

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FORMER AGAWAM PARKS AND RECREATION DIRECTOR Jack Kunasek entertains an audience with the "San Diego Chicken" at the Florida Marlins' training camp in "The Sunshine State." In 1998, the Marlins asked Kunasek to scout for them in the Northeast.

Former Rec. Director Jack Kunasek Stays Thru Baseball

by Dave Rollins
Sports Editor

Agawam resident Jack Kunasek is doing well, thank you. Folks might remember that Kunasek was the first Parks and Recreation director in Agawam, taking the job in 1969 before retiring in 1994. He got the Parks and Rec job after some Agawam kids on the Southwick Legion baseball team he coached told him the job was opening up and he should apply.

"They initially had someone, but things didn't pan out. And with the help of Ed Regnier and Junie Fontana, plus some good credentials of my own, I got the job," Kunasek smiled.

He has been busy since the day he stepped down as an employee of the town six years ago. He spends six months of the year in Florida (Cocoa Beach) and six back here. Always interested in baseball, he found a perfect opportunity in Florida.

"The Florida Marlins (Major League baseball team) were just one exit down the road from where I lived. In 1996, they were looking for help in their public relations department. I applied and got a job in that

department," he said. The Marlins, the World Series champions a while back, were always looking for talent. In 1998, they asked Kunasek to scout for them in the Northeast. "I get back up here in April, just when baseball starts. Plus, I'm in Florida when the college teams come down for their spring training in February, so I get to see a lot of baseball and a lot of players" he said. Many of the kids he sees are from behind the plate. Kunasek has been an umpire for many years in the Central Florida Association and in Western Mass.

He reports any interesting prospects to the Marlins' head scout in the Northeast, Steve Mondile. Kunasek says there are things he looks for in any kid. "They have to have size and the right attitude, plus (of course) talent. You look at them and how they perform in situations. Also, you listen to people talk about them to get a handle on the attitude thing. You don't talk to the kid; there are rules about that. But they know

SEE KUNASEK - Page 42

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KUNASEK - from Page 41

you're around," he smiled.

He says you can talk to the players' parents, but says they can sometimes get a little too involved. "It's understandable, though. They want the best for the kid," he noted.

He admitted that baseball is a tough game. "I have one prospect who is an outstanding pitcher. He starred at Agawam. But the Marlins aren't too sure about him now because he's 21 years-old, which in baseball can sometimes be too old to take a chance on," he said, then added that he's shopping the kid (whom he didn't want to name) around, maybe with the hope that someone will show some interest. "In the end, it's a numbers game," he admitted.

An Interesting Story...

Kunasek, who is 67, has an interesting story about his time in baseball. It goes back to his playing days at Agawam High in the late 1940's. He was a starter for AHS as an eighth-grader and lettered for five years. Between his junior and senior seasons, he joined the Marine Corps Reserves. "The reason I did that was to get enough money to go to my junior and senior proms," he smiled.

To his surprise, the unit was activated. And in January of 1951, he found himself in Korea, where he spent 13 months with the First Marine Division, coming home in February of 1952. He did get to the proms, though.

"Yeah I attended the junior prom before they shipped me out. When I came back, they allowed me to continue my high school baseball career. I went to the senior prom in my Marine dress uniform, which - if you've ever seen it - is a pretty classy outfit and sure beats a tux. That turned some heads," Kunasek laughed.



JACK KUNASEK as a U.S. Marine in Korea in April 1951. He spent 13 months with the First Marine Division and returned to Agawam in February of 1952. When he attended his senior prom at Agawam High School, Kunasek wore his Marine dress uniform.

* * *

IT'S COMING!!! Our annual "Back To School" edition will be published next Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... **ADVERTISER NEWS!!!**

MALANSON - from Page 41

Now, not everyone who takes the ice can claim to be a scoring champion. There are reasons for such an accomplishment.

According to Brownie hockey Coach John Cirelli, three things are necessary - touch, a knack for it, and always being in the right place. "Also, Jason was on a line with two wings who made it easier for him to pile up the points," the coach added.

They were Brian Pagella and Mike Kosinski.

"Actually, Jason got more assists than goals because he tended to draw a lot of attention when he had the puck. And he was an excellent passer who usually hit the open man," Cirelli said of the center. The coach also noted that Malanson was a smart player who had all the right moves.

Malanson, whose hockey stick now rests reverently in the AHS trophy case, is slated to attend American International College in September, where he hopes to continue his hockey career.

Spfld. Turners To Hold Sign-Ups For Gymnastics

The Springfield Turners gymnastics program will be holding sign-ups on August 31st, September 5th, and September 6th from 5:30 to 7:00 each night.

We are a small program and offer classes and a girls' and boys' team.

The sign-ups will be held at the Turnverein on 176 Garden Street, Agawam (off of Route 57).

For more information, call the club at 786-0924 or Jessica Hansen at 786-6660.

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Agawam Youth Football Association To Field Two Teams For The Fall 2000 Season

With enrollment at 160 boys and girls, the Agawam Youth Football Association (AYFA) is preparing to enter two teams in the Suburban Amateur Football League (SAFL).

Each entry consists of a Pee Wee (third and fourth grades), a Junior (fifth and sixth grades), and a Senior (seventh and eighth grades) team. The SAFL is currently structured into four five-team divisions (Red, Blue, White, and Green). Both Agawam and Westfield have experienced very high enrollments this year and are entering a second team in the Green Division, allow them to play 48 games this season instead of 24.

Agawam's Green teams will play Westfield II (twice), West Springfield, Belchertown, East Longmeadow, Quabbin Regional, Quaboag Regional, and Easthampton.

Agawam's Blue Division will compete with Westfield I, Springfield South (Central), Northampton, Wilbraham (twice), Longmeadow, South Hadley, and Springfield CYO (Cathedral).

The season opens on Sunday, September 10th, with Agawam Blue playing Northampton at home (Phelps), and Agawam Green visiting Westfield II (Bullens Field - Westfield Voke). Pee Wees will kick things off at 12:15 p.m.

The schedule normally lasts eight weeks and ends the last week in October (October 29th).

There are still opportunities available for players to sign up. Players must be Agawam residents between the ages of eight (born in 1992) and 14 (born in 1986).

Practice is held at Phelps Memorial field (behind the school), located at the corner of Main Street and School Street.

Anyone wishing to learn more about Agawam Youth Football is welcome to come to practice (weekdays 5:30 to 7:30 p.m.) or call Coach Kirk Parker at 786-6604.

Final Physical Exam & Tryout Schedule For AHS Fall Sports

In order to be eligible to try out for a fall athletic team at Agawam High School, potential student-athletes **must** submit an M.I.A.A. Physical Examination Form signed by both a doctor and parent/guardian.

Forms are available in the main office and Director of Athletics' office at Agawam High School.

Potential candidates may have a physical examination done by their own doctor or done by the school's doctor.

In either case, a potential student-athlete must submit this form before he/she may try out for any team.

Physical examinations will be given at Agawam High School, in the nurses' office, on the following dates and times:

MONDAY, AUGUST 28th: 8:30, Freshmen Boys' Soccer; 9:00, Freshmen Girls' Soccer; 9:45, Freshmen Field Hockey; 10:00, Gymnastics; 10:15, Girls' Cross Country.

WEDNESDAY, AUGUST 30th: 8:00, Make-up physical for boys; 8:30, Make-up physical for girls.

TRYOUT SCHEDULE

MONDAY, AUGUST 28th: All teams begin tryouts.

Boys' Soccer Alumni Wanted

Any former AHS soccer player who would like to work out with the boys' varsity team should contact Walter Willard at 786-7924.

Our new coach, Jonathan Cavallo, has reserved Saturday, September 9th, at 6:00 p.m., but a location has yet to be confirmed.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

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Walkers From Agawam Sought For Boston Marathon Jimmy Fund Walk On Sept. 24th

Last year, four Agawam residents, Steven Curry, Beth Weaver, Lillian Martin, and Dorsey Cokkinias, walked from Hopkinton to Boston in the 11th Annual Boston Marathon Jimmy Fund Walk, making Agawam a leading town in the effort to raise money for cancer research.

With funding needs for cancer research on the rise, the Jimmy Fund is hoping to attract more walkers from Agawam for the Sept. 24th event. The goal is for 8,000 walkers to raise more than \$3.3 million through the one-day event.

Dana-Farber Cancer Institute is a world-renowned cancer research and treatment facility that cares for adults with all forms of cancer. The Jimmy Fund Clinic cares for children afflicted with cancer.

While individual walkers qualify to participate in the Walk by raising \$100, walkers are being asked to "go the extra mile" and become a Pacesetter — a walker who raises \$500 or more. Pacesetters receive special

recognition at the finish line. They will also receive a special club T-shirt and be invited to a reception held in their honor in the spring.

"Almost everyone has been affected by cancer in one way or another," says Emily Swymer, director of the Boston Marathon Jimmy Fund Marathon Walk. "Either they have fought it themselves or had a family member or friend stricken by it. We're encouraging people to fight back by joining with their friends and neighbors in this fun, but important fundraising effort."

Walkers may choose to walk a half marathon (13.1 miles) that begins at Wellesley High School or they can join Jimmy Fund Clinic patients and their families in the three-mile Patient/Family Walk that starts at Dana-Farber Cancer Institute.

The Boston Marathon Jimmy Fund Walk is the only event, other than the Boston Marathon itself, that is sanctioned by the Boston Athletic Association to use the historic 26.2-mile route. Over its 11-year history,

the Walk has raised a total of \$13.6 million for cancer care and research at world-renowned Dana-Farber Cancer Institute.

The 12th Annual Boston Marathon Jimmy Fund Walk begins in Hopkinton at 7:00 a.m. in Wellesley at 11:00 a.m., and at Dana-Farber Cancer Institute at 2:00 p.m. All walkers finish at Copley Square, where they will be met with music, food, and a post-walk program featuring speakers from Dana-Farber Cancer Institute.

For more information on how to join the fight against cancer by participating in the Boston Marathon Jimmy Fund Walk on Sunday, Sept. 24th, or how to join the Pacesetters, call Walk organizers at (800) 632-3562 or visit www.jimmyfund.org. Participants can register and make financial contributions on-line by visiting the "Events" section, then "Marathon Walk" on the Web site.

Six Flags Tickets Available From Area Churches

Six Flags single day admission tickets are still available from area churches. A portion of the price from these tickets will benefit the Parish Cupboard in West Springfield and the hungry and homeless people they serve.

"About 200 tickets have been sold so far," said Candy Boucher, Executive Director of the Parish Cupboard. "I think people appreciate the opportunity to share a portion of their entertainment dollars with

their neighbors in need."

Six Flags Consignment Tickets: Adult Admission - \$20.50 and Junior - \$16.50 are available from the following in Agawam, Feeding Hills and West Springfield:

Chip and Diane Arnold - Grace Lutheran - 732-4118; Linda Latourelle - First Baptist - W.S. - 733-9983; Candy Boucher - Parish Cupboard/St. Louis De France - 734-7969; Dot Coon at Agawam

Congregational; Phyllis Colburn at Church of the Good Shepherd; Steve Bailey at First Baptist - Agawam; Doris Hayes at First United Methodist; Helen Johnson at First Congregational; Catherine Curry at Immaculate Conception; Carol Granger at Mittineague Congregational; Theresa Barlowe at Sacred Heart - Feeding Hills; Barbara Amsden at Bethany Assembly of God - Agawam; Kathy Labun at St. Thomas; and Claire Carocci at Mittineague United Methodist.

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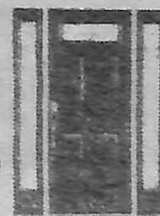
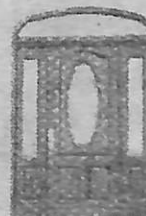
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Golf Tip Of The Week...

by Eric Nelson, PGA
Head Golf Professional
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Hand/Knee Coordination...

Problems with the downswing result from two common faults. The arms begin the downswing before the legs have a chance to get moving, and the legs move before the backswing is completed.

Here's a way to make sure that the downswing begins and the legs move *at exactly the same time*.

When you reach the top of your backswing, focus on your left hand and your left knee. As you begin to bring your hands down, your left knee should slide to the left, toward the target.

These two focal points will lead the rest of your body into a proper, coordinated swing.

Baywest Hockey To Hold 2000-01 Registrations

Baywest (the Agawam/West Springfield) Hockey Association would like to announce that it will be holding registrations for the 2000-2001 hockey season.

Players in the Mini-Mites, Mites, Squirts, Pee Wee's, Bantams, Midgets, as well as Learn-to-Skate, are being accepted.

For further information or if you wish to register, please call Sheila Borsari (Baywest Registrar) at 736-4964 and leave a message.

Mass. Saltwater Sport Fishing Guides Available

The Department of Fisheries, Wildlife & Environmental Law Enforcement has announced that "Massachusetts Saltwater Fishing Guides" are now available.

"This booklet contains valuable information about recreational fishing in Massachusetts' productive marine waters," said Department officials.

"The resurgence of striped bass, weakfish, fluke, and other species has bolstered our recreational fisheries as well as the state's economy. We hope that the citizens of Massachusetts will be able to benefit from these guides," they added.

For more information or to receive a free guide, please contact Peter Miller at 57 North Elm Street, Westfield, MA 01085, or by phone at (413) 562-6454.

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Applications Available For Suffield Road Race/Fun Run On Sept. 9th

The Suffield Parks & Recreation Department and The First National Bank of Suffield will be offering the 2000 21st Annual 10K Road Race and 2.3 mile Fun Run.

This event will be held on Saturday, September 9th (rain or shine) at Suffield High School, 350 Mountain Rd. The 10K Road Race will begin at 9:00 a.m., and the 2.3 mile Fun Run will also begin at 9:00 a.m.

Prizes will be awarded to men and women in their respective age division. A \$100 gift certificate to "The Run In" of Rocky Hill will be awarded to the first male

and female finishers.

Applications are available at the Suffield Parks & Recreation Department, 83 Mountain Road, and The First National Bank of Suffield, 30 Bridge Street; or register the day of the race between 7:30 a.m. and 8:30 a.m. at the Suffield High School.

Long-sleeve tee-shirts will be given to the first 100 registered. Registration fee is \$12 in advance and \$15 on the day of the race. Checks should be made out to the Suffield Parks & Recreation Department.

Our deadline for our "Back To School" edition is Monday, August 28th, at 5:00 p.m. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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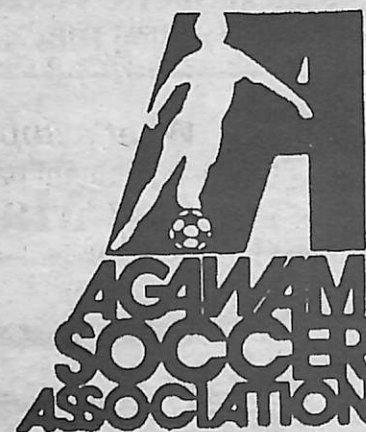
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For more information, contact the UMass Women's Soccer Office by phone at (413) 545-4343/2816; or by e-mail at wsoccer@admin.umass.edu.

Citizens Restoring Congamond (CRC) Exceeds Fundraising Goal With Raffle And BBQ

by Joan Lussier

News Editor - Southwick/Suffield Advertiser News

Citizens Restoring Congamond reached and even exceeded their goal of \$50,000 needed for their share of the treatment for the eradication of weeds when, at its August 13th barbeque, they sold the remaining tickets and drew the name of the lucky ticketholder.

Five-hundred tickets at \$50 each were sold for the drawing of an 18-foot pontoon boat which was donated by Saunders Boat Livery and the 15-horsepower engine, which was donated by Brunelle's Marina of South Hadley.

The drawing of the winning ticket was done by Crystal Saunders, who announced that the winning ticket was number 53. It didn't take long for Daniel Unsderfer to say that the ticket belonged to his brother, Andrew, who was spending the day in Otis.

Andrew, a Southwick resident, was notified by cell phone of his good fortune.

The raffle drawing was the highlight of a barbeque that was held at Saunders beginning at noon. Ticketholders were invited to the event, but it was open, free of charge, to all Southwick and Suffield residents as well as members of CRC.

Over 200 People In Attendance

With well over 200 people in attendance, the barbeque offered hot dogs, chicken, beef, pork, every kind of salad imaginable, beans, cold soda, and even two cakes decorated with the configuration of the lakes.

CRC President Gerald Crane said, "The barbeque is a way to say thank-you to everyone who purchased

a ticket and for all the people who support CRC."

The towns of Suffield and Southwick have each appropriated \$50,000 toward the weed control project that has an estimated price of \$150,000.

CRC agreed to raise the remaining \$50,000 and has successfully reached their goal, with the pontoon raffle earning \$25,000, the pontoon bridge earning \$10,615, \$16,000 that had already been raised before the raffle began, and an ongoing fundraiser of selling burgees (a flag with a V cut into the point that is displayed on the front of a boat) that has been earning a sizeable amount of funds. Some expenses, such as printing costs, advertising, etc., still have to come from these amounts, so an exact net amount is not yet available, although the goal has been reached.

Rainbow Images Preschool of Southwick made a very special donation of \$50.50 by saving pennies, nickels, and dimes and presented the jar to CRC at their last open meeting.

Preschool teacher Donna Colson said, "Every year we teach the children how, by working together, we can save our planet. We have raised money to help moon bears, big cats of the jungle, and a nursery for baby whales. This year, we talked about the weeds in the lakes."

Rainbow Images children are taught by both Donna Colson and Suzann Granger.

Words Of Wisdom From A Preschooler

Kayleen Gerow, 4-1/2, a student at Rainbow Images, said, "We learned that if people throw trash,

fish will die because they cannot breathe, and the fish can get tangled in the weeds."

Kayleen presented CRC President Gerald Crane with an additional bag of pennies that had been collected. An emotional Crane said, "I am truly touched by this, that these children would save their pennies, nickels, and dimes and then donate them. It is nice to see that they are learning, at their young age, that they, too, can make a difference."

Crane went on to say that currently Aquatic Control Technology has been selected to seek the permits needed to treat the milfoil. These permits include Massachusetts and Connecticut local, state, and federal, with this phase taking upwards of several weeks.

The treatment is expected to take place in the spring because if done in the fall, the treatment cannot be guaranteed.

Crane added, "Right now, there are some issues that need to be addressed, such as irrigation, but we are confident that all issues will be worked out."

The drawing for the raffle prize took place on the pontoon boat. Steve Ferrari, chairman of the Finance Committee for CRC, began thanking everyone and saying that CRC had reached its goal. He also stated that there will be upcoming fundraising events.

Both donors for this year's raffle prize, Kurt Saunders (who was present) and the owner of Brunelle's Marina, each received a gift of appreciation from CRC.



IN LEFT PHOTO: Kayleen Gerow, a 4-1/2 year-old student at Rainbow Images Preschool and a granddaughter of retired AAN photographer Jack Devine, adds more pennies to the already-donated amount of \$50.50 collected from the school's 23 children. This money will be put towards CRC's (Citizens Restoring Congamond) portion of the weed control project. IN RIGHT PHOTO: Over 200 people attended CRC's recently held BBQ and pontoon boat drawing, including Linda Kline (far left) and Christine & Attorney Ray Gendron of Feeding Hills. Advertiser News photos by Joan Lussier.

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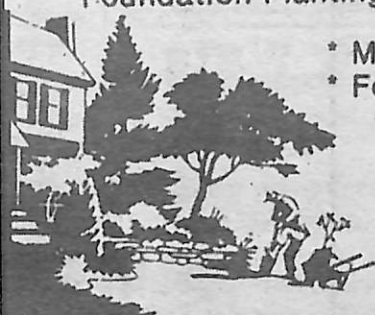
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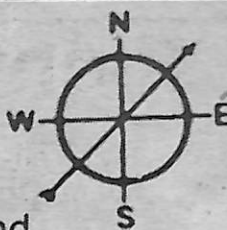
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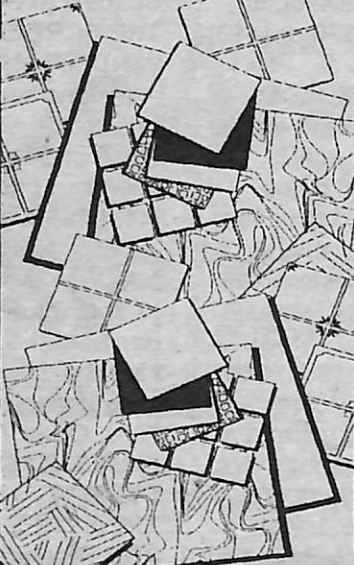
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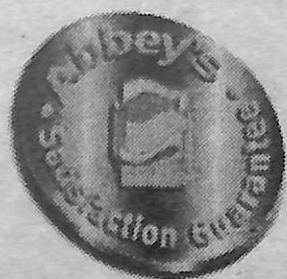
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